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THE UNIVERSITY OF ALBERTA

THE RELATIONSHIP OF DAYDREAMING STYLE TO MARITAL SATISFACTION

by

© BARBARA SHEPTYCKI

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH
IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE
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FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a thesis entitled "The Relationship of Daydreaming Style to Marital Satisfaction" submitted by Barbara Sheptycki in partial fulfilment of the requirements for the degree of Master of Science.

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ABSTRACT

A study was conducted in an attempt to determine the relationship between an individual's daydreaming patterns and his interaction patterns with his spouse - specifically as these interaction patterns serve to gratify his personal needs and provide him with a satisfying married life. Six married couples experiencing varying degrees of marital satisfaction were interviewed and administered the Imaginal Processes Inventory (Singer, 1971), the Short Marital Adjustment Test (Locke and Wallace, 1959), the Short Marital Prediction Test (Locke and Wallace, 1959) a Need Questionnaire devised by the writer (adapted from Murray, 1938), and a Personal Data Sheet. Results indicated that there do appear to be several differences in the daydreaming patterns of happily married versus unhappily married couples. In general, the happily married couples in this sample viewed their daydreaming as a more acceptable, pleasant, rewarding, and stimulating experience than did the unhappily married couples. The happily married group also exhibited more control over content and frequency and were better able to judge and control the emotional effects arising from both pleasant and unpleasant daydreams. Implications for marriage counselling were outlined, as well as suggestions for further research.

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CHAPTER I

NATURE OF THE STUDY

Statement of the Problem

Within the last twenty years, researchers have sought to determine the relationship between fantasy behavior and various cognitive processes and personality factors. At the present time, however, many questions remain unanswered with respect to the dynamics involved in the fantasy life of the individual. Fantasy behavior is now thought to be a much more complex phenomenon than once believed. A number of themes do emerge from an examination of the literature, however, and the vantage points from which fantasy behavior has been viewed are clear. Basically, research has been concerned with four major areas of interest:

(1) Factors influencing the frequency with which such behavior occurs within a particular individual.

(2) Factors influencing content of fantasies within individuals and correlations of specific content dimensions with various personality factors.

(3) The affective tone that the behavior has for the fantasizing individual.

(4) The relationship between fantasy behavior and overt behavior variables.

While fantasy research has dealt extensively with these four considerations within an intrapersonal context, interestingly enough, very little research has been conducted into the question of fantasy within interpersonal relationships. Singer (1966:59) reports that marital status has not proven to be a factor in fantasy patterns in any of the research studies to date. He also notes, however, that this aspect has not been thoroughly researched. Cattell (1960) suggests that the quality of one's early experiences - particularly within the family setting - is a crucial determinant of fantasy themes in later life, and that the fantasy patterns which have been developed can, in turn, be passed on to one's own children. The family, then, is seen by Cattell as an important reference point from which the child learns to develop his fantasies.

Previous research studies dealing with fantasy behavior have tended to concentrate on the measurement and analysis of induced fantasy and nocturnal dreams, while daydreaming - another aspect of fantasy behavior, has not received nearly as much scientific attention. Singer (1966) notes that the daydreaming component of fantasy behavior has been the one most ignored, despite the fact of its existence in virtually all persons. (Singer and Antrobus, 1963; Singer and Rowe, 1962; Saxton, 1960; Tart, 1962) He expresses his concern in this regard by noting:

> "Despite brilliant individual comment or brief empirical studies, no consistent series nor any research program dealing with the phenomenon of daydreaming emerge from an examination of the literature. When one considers the number of books and empirical studies on nocturnal dreaming, the neglect of research on daydreaming seems all the more remarkable. The widespread nature of the phenomenon, its daily occurrence in our lives, has perhaps caused it to be overlooked ... as too commonplace for scientific enquiry. But because it is so much a part of our lives, daydreaming merits study." (Singer, 1966:13)

Thus, it would appear that from an examination of the research to date, the following statements could be made with respect to the state of knowledge regarding fantasy behavior:

(1) Although insights have been gained into the dynamics involved in the fantasy life of the individual adult, very little is known about the effects that one's fantasies have on his relationships with others.

(2) The dynamics involved in that aspect of fantasizing commonly referred to as "daydreaming" have not as yet been ascertained.

Purpose of the Study

In view of the forementioned considerations, the purpose of the present study can be stated as follows:

> to investigate the relationship between an individual's daydreaming patterns and his interaction patterns with significant other persons in his life. Specifically, patterns of interaction between husband-wife pairs will be examined and related to the daydreaming style of each spouse. Although many aspects of the marital relationship could be considered, this study will be concerned with only one; satisfaction with married life, particularly as this is reflected by the ways in which the relationship serves to gratify the personal needs of the spouses.

CHAPTER II

REVIEW OF RELATED LITERATURE

DAYDREAMING

Frequency and Content Studies

Fantasy has been defined in various ways. Being essentially an abstract internal process, and as thus not directly observable or measurable, it is understandable that researchers have been unable to come to terms with a workable definition of fantasy behavior (Klinger, 1971:7). Generally, however, it is agreed that fantasy encompasses many cognitive and ideational operations, including what are commonly referred to as daydreams, nocturnal dreams, interior monologues, internal visual imagery, and reveries. Each of these component parts of fantasy has been analyzed separately to some degree by various researchers. Daydreaming, the component under scrutiny in the present study, has received little definitional consideration. Singer's (1966:3) definition of this phenomenon appears to be the most operational, and thus will be employed here. It is:

> "... a shift of attention away from an ongoing physical or mental task or from a perceptual response to external stimulation towards a response to some internal stimulus."

The inner process Singer refers to here includes what he describes as pictures in the mind's eye, the unrolling of a sequence of memories, events, or creatively constructed images of future events of various degrees of probability of occurrence, and introspective awareness of bodily sensations, effects, or interior monologues. Daydreaming within this context includes a conscious awareness on the part of the individual that a shift in attention has taken place and involves a projection of the self into imagined thought or action.

During the past two or three decades there has been a proliferation of research studies dealing with the fantasy life of the individual. The upsurge of interest in this area stems from various psychological developments and considerations (Atkinson, 1958:160). First of all, fantasy is seen as an important area of concern within the psychoanalytic frame of reference, and, since Freud's early work in dream analysis, has been associated with personal adjustment. Secondly, the use of projective testing devices employing measures of fantasy with the purpose of clarifying and defining personality variables has become more and more accepted as a valid scientific tool. Of particular interest is the widespread use of the Thematic Apperception Test in this regard. Finally, recent studies concerning drive states and cognitive processes with respect to fantasy behavior have elicited interesting results.

Daydreaming occurs to some extent in the lives of all of us. Singer and McCraven (1961), in one of the most comprehensive daydream studies to date involving reports of 240 normal adults' daydreaming behavior, found that 96% of their respondents reported some form of daily daydreaming. Most people, they found, reported visual images relating to practical concerns (such as futuristic planning or interpersonal contacts) as the most dominant type of dream experienced. Most people also report the condition most conducive to daydreaming to be lack of disturbing outside stimuli - as when alone or in a restful state, as just before falling asleep. Meal-time, early morning, and times of sexual activity appear to be least conducive to daydreaming.

These authors also report that while types of daydreams occurring with high frequency by the largest percentage of respondents involve immediate practical concerns, a very high proportion of respondents report that these more practically-oriented daydreams occur together with a high frequency of more speculative, wishful, grandiose, and unconventional daydreams. In addition, respondents reporting most frequent daydreaming also reported high frequency in almost all categories of daydreaming, and high frequency in nocturnal dreaming as well. In analyzing the differences between the two extreme groups of daydreamers - i.e. those reporting extremely low versus extremely high daydreaming frequencies - Singer and McCraven concluded that for the most part the high frequency group subscribes to statements which are more unlikely to occur, more fantastic, wishful, and to a lesser extent, more anxious. Specific themes within this group included sensual gratification, messianic identification, and heroic achievement.

Studies attempting to relate background factors to daydream frequency and content have elicited rather clear-cut results. (Singer, 1966:59) Singer and McCraven (1961) found that distinctive and significant relationships exist between fantasy measures and such variables as age, rural-urban background, parental identification, and sociocultural background. A reported decline in daydream frequency with age was postulated by these authors to reflect the added responsibilities which characterize the lives of older persons, with resulting loss of time for solitude and other conditions conducive to daydreaming. Also suggested as an explanation for this phenomenon is the possibility that as an individual grows older, his concerns are narrowed from distant-future to near-future and current issues. Implicit in this argument is the notion that daydreaming, even in its more fantastic form, involves focusing on the probable. As one ages, his life-style becomes more predictable. His education and vocational placement tend to focus his efforts in specific directions rather than on more nebulous, long range goals which characterize persons who are still within the educational system. Thus, his response repertoire is narrowed considerably. Lewin's (1946) analysis of personality development and the increasing differentiation and crystallization of reality suggests another explanation. The adolescent, with lack of experience and minimal awareness of environmental and personal limitations to his behavior, is less apt to experience disillusionment with respect to futuristic aims. At the same time, he is less encumbered by obligatory behavior than is the adult with family and job responsibilities. Thus, a younger person has both more time for extensive fantasizing, and a more imaginitive and speculative frame of reference from which to operate. It must be kept in mind, however, that while the evidence to date supporting an inverse relationship between fantasy and age appears quite convincing, there has been little research conducted with very elderly persons (Singer, 1966:190).

Singer and McCraven (1961) report that tendency to daydream frequently is highly associated with living in large urban or in rural areas, with those raised in suburbs reporting lower tendencies. No clear indications as to the factors involved have yet been thoroughly investigated, although subcultural considerations appear to play a part. In two successive studies (Singer and McCraven, 1961, 1962), daydream frequency patterns were found to be associated significantly with relative upward mobility, insecurity, and immigration patterns of the subcultural group. The order of daydreaming frequency was, from the highest to the lowest group: Negro, Italian, Jewish, Irish, German, and Anglo-Saxon. Content areas for each subgroup differed in interesting ways as well, with Negroes exhibiting interest in comfort and in material and sensual satisfaction, while Anglo-Saxons, at the other end of the continuum, showed minimal content in this area.

While little systematic research has been conducted into familial determinants of fantasy development, (Singer, 1966:62) some researchers (Singer and Schonbar, 1961; Singer and McCraven, 1961) have attempted to ascertain whether identification with parental figures influences the extent of fantasy development. Results of both of these studies suggest that disposition to engage in and fully report daydreaming may be, in part, a learned response which develops differentially as a function of parent-child relationships. Close identification with mother figures appears to be associated with higher frequency daydreaming than does identification with father figures. This finding appears to be consistent with the viewpoint that women in our society tend to be inhibiting of impulses and more introspective than men.

No evidence has yet been uncovered which would indicate a discernable relationship between daydream factors and intelligence level. Although most major studies to date have had relatively homogenous samples which were biased in the direction of above-average IQ (Singer, 1966:70; Singer and Schonbar, 1961; Singer and Antrobus, 1963), other studies (Sarason, 1944; Saxton, 1962) have indicated that retardates are very capable of producing and maintaining fantasies as well.

The content dimension of daydream material has been perhaps the most widely investigated to date. Researchers appear to agree, regardless of their specific theoretical orientation, that daydream content reflects particular needs within the individual (Atkinson, 1958:160). Freud's early work on dream analysis served as the beginning for this theoretical outlook. According to Freud, fantasy represented an unsatisfied wish. He conceptualized the daydream as follows:

> "...unsatisfied wishes are the driving power behind phantasies; every separate phantasy contains the fulfillment of a wish, or improves on unsatisfactory reality." (Freud, 1949:176)

The content of the daydream was, to Freud, an important clue to the wish that was seeking fulfillment:

> "The content of these phantasies is dictated by a very transparent motivation. They are scenes or events which gratify either egoistic cravings or ambitions or thirst for power, or the erotic desires of the subject." (Freud, 1943:88)

Thus, in Freud's view, daydream content, while subject to some of the same factors of distortion as nocturnal dreams, is typically more meaningful and transparent.

This Freudian view of daydreaming as reflecting simple wish-fulfillment has been elaborated upon and modified by countless other researchers; although most reject Freud's explanation as being too simplistic, few have refuted it entirely and many have incorporated his ideas into their own formulations. Klinger, for example, (1971: 3-32) suggests that the thematic content of fantasy may be partly determined by an individual's "current concerns", which he defines as states of involvement with important goals which have been either abandoned or not yet attained. Fantasy, then, according to Klinger, often tends to reflect personal incentives. Singer (1974:210) refers to the same phenomenon as "unfinished business" - or personal issues which have not been resolved. Breger _et al_ (1971) in theorizing along the same lines, emphasize the role that unresolved stress can play in eliciting dream content. Klinger (1971:333) and various other researchers (Lindzey and Kalkins, 1958; Kaplan, 1967; Murstein, 1965, 1968; Calogeras, 1957; Leiman and Eptstein, 1961; Rosenbaum and Stanners, 1961) suggest that the themes which characterize an individual's fantasies are directly related to his appraisal of his self-worth, and that self-concept may, in turn, be shaped by the quality of his inner experiences and the self-knowledge with which these fantasies provide him. Atkinson (1958:160), in reviewing the literature in this area, acknowledges that while previous studies have generally confirmed the assumption that ungratified needs are reflected in fantasy content, there is doubt as to whether or not these needs are actually satisfied through fantasizing. Numerous motivation studies purporting to measure such personality needs as achievement, affiliation, power, fear, aggression, anxiety, and the more basic human needs such as sleep, sex, nourishment, etc., have produced conflicting results in this regard. Symonds (1946:160) has suggested that goal responses expressed through fantasy may be drive-reducing; that fantasizing has secondary or compensatory reward value for the individual by reducing his drive state sufficiently enough to permit him to tolerate delayed gratification and thus avoid impulsive action. The relief supplied by the reduction of the drive, he states, in turn reinforces the tendency to fantasize. Symonds offers this explanation for the occurrence of obsessional or neurotic fantasy patterns. The drive-reduction theory itself stems from Freud's (1949) early conceptualization of fantasy as originating from conflict or dissatisfaction, and therefore indirectly implies that daydreaming represents essentially a defensive response.

Although drive-reduction theory has been supported by numerous other researchers (Allport, 1937; Tomkins, 1947; Freud, A., 1946; Feshbach, 1955, 1961; Dollard and Miller, 1950; Shaffer, 1936; Singer, 1955; Symonds, 1949), it has been challenged by more recent studies. Klinger, (1971:279) asserts that no systematic evidence has been brought to bear on the effects of drive on the incentive, vividness, organization, or other structural properties of fantasy. He cites as documentation various studies which have failed to reflect a consistent relationship or have reflected an inverse relationship to that hypothesized (Leiman, Nelson, and Fenz in Epstein, 1962). Rowe (1967) found no evidence for support of the drive-reduction theory, nor did Singer and Antrobus (1963), Feshbach (1956), or Singer and Rowe (1962). An overall assessment of the situation as it now stands seems to reflect mounting evidence that the relationship of fantasy to drive states is far more complicated than is implied by the drive-reduction theory alone (Singer, 1966:93). Freud's (1962) assertion that happy people never fantasize has come under considerable attack from many sources. Singer and Rowe (1962:452) and Singer (1966) suggest that the functional role of fantasy may differ for different drives or affective states. Whether or not a fantasy is seen as being positively or negatively charged, for example, is thought to be an important determinant as to how the fantasizer reacts to it. Singer and Rowe (1962), Singer and Antrobus (1963), Klinger (1971), and Singer (1966), in espousing this viewpoint, emphasize that the affective element involved in fantasy has been largely ignored by researchers, and, in fact, this may account for many of the discrepancies in the findings of psychoanalytic and drive-reductionist theories and in correlational studies of specific fantasy themes and overt behaviors as well. Kagan (1956) suggests that those needs for which overt expression is socially encouraged tend not to be expressed in fantasy. Along similar lines, Mussen and Naylor (1954), Jensen (1957), and Gluck (1955), in studying aggression as it relates to fantasy behavior and overt behavior reported that those kinds of behaviors which were socially censured were expressed through fantasy to a much greater extent than through overt behavior. Fantasizing then, is seen as a mechanism for covertly gratifying those needs which are either not socially acceptable, or are acceptable, but difficult to attain in a more overt manner. Whether fantasy serves as a direct or a substitutive expression of needs is far from being resolved (Klinger, 1971:326). The majority of research into this question, as summarized by Buss (1961) seems to indicate that fantasy expression of a need does not necessarily preclude its overt expression. Achievement motivation studies conducted by McClelland et al (1953), McClelland (1961), and Atkinson (1958), for example, all indicate a strong relationship between high overt achievement striving and high levels of achievement fantasy.

Closely tied to this interpretation is another important consideration; that of the enjoyment or lack of enjoyment one gets from his fantasies. Here, the majority of research (Singer and Rowe, (1962:447) supports the view that frequent daydreamers tend to score higher on anxiety scales than less frequent daydreamers. Singer and Rowe (1962) and Klinger (1971) have both noted, however, that the timing of the stress or anxiety in relation to one's concerns and incentives is an important consideration which is not accounted for by the drive-reduction theory. They distinguish between two types of anxiety; that produced in anticipation of pain or an unsettling event, and that produced from already having gone through such an experience. When in the former situation, they purport, daydreaming is associated with a decrease in anxiety. When in the latter situation, daydreaming may foster increased anxiety. However, facility of resorting to the daydream state is also a factor here. Epstein (1962) and Leiman and Epstein (1961) suggest that such things as fantasy guilt expression and ego strength should also be considered.

Fantasy as an Adaptive Coping Mechanism

It is evident from the literature that the majority of studies conducted before the late 1960's tended to emphasize the negative or defensive aspects of fantasy behavior, in line with the psychoanalytic and cathartic reference frames. Recently, however, some researchers have begun to express the viewpoint that fantasy can serve an adaptive function as well. The view of daydreaming behavior as compensatory, drive-reducing, or defensive has come into question, as evidenced by many of the contradictory findings previously mentioned. Various researchers (Hartman, 1958; White, 1959; Singer, 1966; Singer and Rowe, 1962) now argue that daydreaming develops autonomously of conflict, as a function of the ego. Thus, it may serve an adaptive function from the outset generating its own value to the individual.

> "Daydreaming is a neutral skill available for adaptive enrichment of the life of otherwise ordinary persons as well as being a manifestation in many persons of escape, evasion of responsibilities, or self-dissatisfaction." (Singer, 1966:187)

Singer prefers to view daydreaming as a consequence of ongoing brain activity, and, as such, subject to models relating to affective and cognitive adaptation to the environment and to requirements for varied stimulation.

> "Very likely man's capacity to daydream is a fundamental characteristic of his constitution. Like other abilities - perceptual, motor, or cognitive - it is there to be developed depending on circumstances." (Singer, 1968:26)

This viewpoint would seem to be most consistent with the totality of previous findings to date. In an earlier publication, English and English (1958) alluded to the possibility of adaptive use of daydreaming by defining it as not inherently pathological. White (1964) also asserts that daydreaming should not be viewed as psychopathological, but rather as a normal cognitive process, one of its functions being to serve as a channel for expression of thoughts and impulses which must be kept in check. Singer and Rowe (1962:447) carry this argument one step further, indicating some of the positive functions:

> "To the extent that the imaginative dimension has become an important aspect of a given individual's personality organization, one might expect that this heightened awareness or inner communication may also lead to great personal sensitivity to problem areas."

Daydreaming, then, can be used to facilitate awareness of inner emotional states.

> "In reasonably integrated persons, the capacity for fantasy may function adaptively and even in a limited way, creatively." (Singer, 1966:185)

Evidence that frequent daydreaming is linked to curiosity about interpersonal events (Singer and Antrobus, 1963; Singer and Schonbar, 1961; Singer and McCraven, 1961; Singer, 1966) adds further support to this interpretation.

As previously mentioned, frequent daydreaming has been correlated positively at moderately high levels with questionnaire measures of anxiety. This does not necessarily mean, however, that these two factors are associated with emotional disturbance. Cattell, whose anxiety scale has been used in several studies with respect to fantasy, himself indicates that conscious anxiety as reflected by high scores on his scale is a normal phenomenon. Persons who are not clinically neurotic, he explains, may score high on conscious anxiety. Instead of reflecting disturbance, this factor may be reflecting a willingness to tolerate consciously the fears that others may experience only through more pathological mechanisms such as phobic reactions, psychosomatic illnesses and addictions. Consistent with this interpretation are Wagman's (1965) findings that a significant negative relationship exists between reported daydream frequency and repression and that on the whole, a negative relationship exists between reported daydream frequency and lying. Singer and Schonbar's (1961) earlier work in this area brought the same conclusions. Viewed in this way, daydreaming is a skill which can be cultivated and used in a problem-solving way.

Klinger (1971:48) recognized the indirect problem-solving function of daydreaming as being highly adaptive. If fantasy is to be conceptualized as a baseline activity requiring a minimizing of current-directed thought, he argues, then those individuals with serious current problems who fantasize frequently may simply be doing so because of an inability to react overtly. Fantasizing in this sense may seem to the observer to be a form of escape from real-life problems. However, Klinger argues that rather than escaping, the individual may be suffering from a form of operant fatigue or despair, and, if this is the case, (i.e. if his objective circumstances are truly beyond his control) then fantasizing may make possible the gradual formulation of new and creative solutions. Klinger is careful to emphasize that as individuals vary in their ability to develop and utilize skills, this adaptive use of fantasizing may not be present in all individuals, or may be present in varying degrees. This way of looking at fantasy may explain why some frequent fantasizers evidence psychotic and neurotic traits, while others do not. Also consistent with this viewpoint are the findings of Singer and Antrobus's (1963) factor-analysis study which resulted in the delineation of seven clearly discernable daydream patterns. These authors argue that the relative loading on each of these factors (which include general daydreaming, self-recrimination daydreaming, objective controlled thoughtful daydreaming, neurotic self-conscious daydreaming, poorly controlled kaleidoscopic daydreaming, autistic daydreaming, and enjoyment of daydreaming) is an indication of the individual's ability to put his fantasies to constructive use.

Fantasy and Sex-Related Variables

Recent studies (Cramer and Bryson, 1973; LaGrone, 1963; Lynn, 1963; May 1966, 1968, 1969; Strassberger, 1964) dealing with the development of sex-related fantasy patterns would suggest that there are differences in the fantasy patterns of men and women. The extent to which these differences are socially acquired has not been ascertained. Cramer and Bryson (1973) found strong evidence to support the notion that sex-differentiated fantasy patterns develop by the time a child reaches nine years of age. May (1966:585) suggests that women are more likely than men to tolerate fantasy and to make use of shifts in levels of psychic functioning. Wagman's (1968:86) report that frequency of reported daydreaming correlated significantly with lying for men but not for women would tend to support this conclusion. May's (1968, 1969) enhancement-deprivation studies also suggest that for women, fantasy is viewed as an adaptive mechanism; as a means to an end. He suggests that women may be more open to admitting and experiencing negative feelings than are men, and more in control of these negative aspects of their personality. They also attribute more happy endings to fantasy than do men, who appear to stress extreme and fatalistic endings to a much greater degree. Women, in contrast to men, often use fantasizing as a way of "enhancing" their lives. The concept of female masochism - of suffering as a means of securing love (Freud, 1943; Deutsch, 1945) has been offered in support of this argument. Various studies of women's sexual fantasies (a dominant theme of which is often rape) may also be explained in this way.

PERSONAL NEEDS

Although previous research dealing with fantasy processes has, at times, produced ambiguous or conflicting findings, most researchers appear to agree on one major point - that fantasy reflects personal needs. It is logical to assume, therefore, that a study of one's personal needs may contribute much to the understanding of his fantasy patterns. The following is a summary of the literature relating to the origin and development of needs and their relevance to behavior.

Development of Social Needs

The human infant, in order to maintain life, requires that certain basic needs be met. These basic needs, commonly referred to as physical needs, (i.e. the need for food, liquid, air, for warmth and shelter, for physical care) must necessarily be met by other persons, due to the infant's helplessness to meet them on his own. If these needs are not met, a physiochemical imbalance, resulting in a state of tension, develops within the infant, who then reacts to relieve the tension (Murphy, 1947). For example, when an infant has not been fed for a long period of time, he becomes hungry - a state he experiences as tension. As a result, he cries, thus eliciting a response from his caretakers, who feed him. In this way his hunger is satisfied and tension accompanying the hunger is relieved.

Early in his development, the infant responds only to his own visceral processes (Winch, 1963:444, Murray, 1938). However, as his senses develop, and as he gradually becomes capable of distinguishing between himself and his environment, he learns that the satisfaction of his needs is handled by someone in the environment (typically his mother). At this point, others in the environment are able to evoke the expression of needs in the infant. A mother's voice, or the sound of her step, for example, may evoke a cry from the infant. The cessation of the cry upon being fed suggests that the infant's awareness of the mothers' presence has succeeded in eliciting a hunger need (Winch, 1958:73).

Once the infant becomes aware of his dependence on others for the gratification of his needs, he is likely to experience anxiety. With the recognition that the mother (or others in the environment) is not automatically or fully responsive to his desires comes the realization on the part of the infant that his needs may not be met. Freud refers to this process as the loss of the infantile sense of omnipotence which, he asserts, is associated with an "oceanic" feeling threatening to engulf the infant (Freud, 1946:11-14). Thus, the infant experiences fear of the loss of love (Freud, 1936). The extent to which the mother is negligent of or attentive to the gratification of the infant's needs is thought to be a major determinant of both his anxiety level and his sense of dependence or independence in later life.

Winch (1958) argues that the anxiety generated through the process just described gives rise to the development of social needs within the infant. His sense of dependence cultivates both an increased awareness of the behavior of others and the desire to affect changes in these behaviors which would be beneficial to himself.

> "Thus his anxiety functions to make him more sensitive to others and fosters in him the

> development of new needs which are social in nature, such as those for reassurance and security." (Winch, 1958:74)

As the infant matures, and as he is increasingly more able to meet his own physical needs directly, his social needs assume even more importance.[1] The independence he has gained with respect to satisfaction of his physical needs results in a greater concentration on emotional or psychic needs. The acquisition of speech allows him expression of these needs in symbolic terms. In addition, gratification of the child's physical needs themselves becomes dependent upon social learning processes. The child learns, for example, that excretion should take place in private. He also learns that his social needs for approval, recognition, and reassurance are also gratified when he satisfies his physical needs in socially sanctioned ways.

The emergence of social needs has also been described by Maslow (1954), who views personality development in terms of a hierarchy of needs which, he asserts, exist in all persons. Six groups of needs are defined, which, ranging from the lowest and most basic to the highest and least basic are (1) physiological needs (2) safety needs (3) need for love and feeling of belonging (4) need for esteem (5) need for knowing and understanding (6) Need for self-actualization. The lower needs may be said to be more basic in their satisfaction is a necessary basis for the emergence of higher needs. In a sense, lower (physical) needs are "prepotent" over the higher (social) needs. However, once the lower needs are gratified, they lose their strength as determinants of behavior, and the next highest category of needs in the hierarchy become prepotent. Maslow describes this process as follows:

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[1] This is not to say that physical needs become inoperative; on the contrary. Physical needs are present throughout the whole life-cycle. However, as the child acquires such skills as locomotion, manipulation, and, most importantly, speech, the patterning of his needs changes. Speech acquisition, for example, allows the child to develop a concept of himself as others perceive him. This process has been called the "acquiring of a self". (Mead, 1934).

> "The physiological needs, along with their partial goals, when chronically gratified, cease to exist as active determinants or organizers of behavior. They now exist only in the sense that they may emerge again to dominate the organism if they are thwarted. But a want that is satisfied is no longer a want. The organism is dominated and its behavior organized only by unsatisfied needs. If hunger is satisfied, it becomes unimportant in the current dynamics of the individual." (Maslow, 1954:283)

Murray (1938:76) describes the same type of need structure when he refers to "viscerogenic" and "psychogenic" needs, the former having to do with physical satisfactions and the latter with emotional or mental satisfaction. He further argues that, if no obstruction exists with respect to the gratification of a particular need, that need does not usually become a dominant element of the personality (1938:79). Physical needs, he suggests, often fall into this category.

The Dynamic Nature of Needs

As needs arise out of social interaction, and as one's interaction with others is constantly changing, it seems reasonable to assume that need patterns undergo change over time as well. Winch, in fact, has indicated that this is the case (Winch, 1963). He points out that as individuals progress through their life-cycle, their roles change; these changing roles necessitate a continuous re-evaluation of self and of others in relation to self. Accompanying this re-evaluation process is a reformulation of need patterns as well, as needs are dependent upon one's interaction with and relationship to others. Thus, as situations change, needs may change.

It is evident from the foregoing discussion that needs (social needs in particular) are assumed to influence behavior and perception. However, the results of several studies (for example, Franklin _et al_, 1948: Sanford, 1936; Miller, 1951; Bruner, 1951, 1958; Burnham, 1956) attempting to clarify the relationship between one's needs and his perceptions and behaviors in relation to those needs, suggest that no simple or straightforward relationship exists. Winch, in summarizing these studies, has indicated that while sufficient evidence now exists to confirm that needs do organize and give direction to behavior, the manner in which this takes place may be complex[2] (Winch, 1963:571). He suggests, for example, that needs may give rise to various distortions in perception. Murray agrees, stating that a need "may even engender illusory perceptions or delusory apperceptions" (Murray, 1938:124). Common examples of this phenomenon include the mirage envisioned by a thirsty man in the desert, and the distortions of reality which are common to those with psychotic conditions. Nor can it be assumed that a simple relationship exists between perceptual processes and need intensity. Studies attempting to relate these two variables have produced ambiguous results (Winch, 1963). Bruner, however, has suggested:

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[2] A good deal of the uncertainty surrounding this issue stems, of course, from the methodological difficulty surrounding the measurement of needs. Murray (1938:253) has most carefully outlined the criteria for need measurement. He suggests that needs manifest themselves in several different ways: (1) by an effect or trend (2) by simple or complex actone (i.e. action pattern), and by indirect manifestations of these, which include (3) cathection of objects (4) an initiating emotion (5) affection. Measurement of needs must involve attention to these forms of manifestation in terms of their frequency, duration, intensity, and readiness.

> "There is now enough evidence ... to suggest that not the amount of need but the way in which a person learns to handle his needs determines the manner in which motivation and cognitive selectivity will interact ... On the whole ... selectivity reflects the nature of the person's mode of striving for goals rather than the amount of need which he seems to be undergoing." (Bruner, 1958:89)

Thus, the strength of a need is not sufficient in itself to determine the manner in which a particular individual will react to it. The way in which the individual has learned to deal with his surroundings and to cope with the various frustrations which inevitably come his way in his day-to-day life also play a part in determining his mode of reaction. The expectations he has of himself and of those around him, and the feelings accompanying these expectations are also contributing factors.

In summary then, the way in which a given individual will react toward his own needs (and, it must be remembered that his reaction may be in overt or covert form) is dependent not only upon need quantity but upon various other factors as well. Most importantly, his roles and role expectations, and his perceptions of these also affect his need expression. Whether a need is expressed overtly (as through a particular behavior) or covertly (as through fantasy, for example) may be determined to a large extent by the way in which he views himself and others around him.

MARITAL SATISFACTION

As previously outlined, social needs develop as a result of interaction between two or more individuals. In addition, interpersonal interaction serves to create new needs - needs which can only be met through continued interaction with others.

Marriage, being a highly personal, intimate relationship between two people, often serves as a means by which individuals can meet their own needs (Strauss, 1947). The recent emergence of what social scientists have referred to as the "companionship" marriage provides evidence in favor of this argument. In contrast to the more traditional or institutional marriage relationship, with its emphasis on firmly established, sex-differentiated roles, the companionship marriage, which many researchers feel is becoming the more dominant, places greater emphasis on the affective aspects of the relationship. Personality interaction and other relationship factors are regarded as crucial determinants of the overall degree of satisfaction which one derives from his marriage.

Need Fulfillment and Marital Satisfaction

Research in the area of need fulfillment within a marital context has generally concentrated on issues relating to mate selection. Of particular interest to this approach has been the utilization of need theory to provide answers to such questions as "What attracts people to each other?" and "Why do people marry the types of individuals that they do?" These mate selection studies have served as background information for more recent studies, which, rather than concentrating on mate selection per se, have dealt mainly with marital adjustment and satisfaction. Particularly, the extent to which one's marriage (or his partner in marriage) is successful in fulfilling his personal needs is regarded by many social scientists as a major factor affecting his marital adjustment and satisfaction (Blazer, 1963; Hart & Hart, 1935; Landis & Landis, 1948; McLean, 1941; Ohmann, 1942; Winch, 1958, 1963, 1968; Katz *et al*, 1960, 1963; Murstein, 1961; Strauss 1947; Tharp, 1963). Love for one's spouse, which is highly regarded by marriage partners, and which, in western societies at least, serves as the basis of the marital union itself, has been conceptualized as a need in its own right (Reik, 1944). Reik explains the ability to love as arising from two basic conditions: (1) the loving person must have been loved by a mother or a mother substitute as a child, and (2) he must have been both aware and anxious that love may possibly be withdrawn. Thus, love, viewed in this way, is a need, developing in the same way as other social needs, and marriage provides the means by which one's need for love can best be satisfied. The attraction of love lies in the expectation that one's personal needs will be gratified by the love-object - i.e. the partner in marriage.

But what if one's needs are not satisfied through his marriage or his marriage relationship? He may react in one of the following ways: (1) He may recognize that his needs are not being met and choose to end the marriage. (2) He may recognize that his needs are not being met but may choose to continue the relationship. In this case, he may react to the situation in various different ways. For example, he might seek fulfillment of his needs through other relationships, or he might re-examine his priorities and/or compensate for the deficiency in other ways. Rationalizing is a common example of this type of reaction. (3) He may not recognize that his needs are not being met; rather, he may tend to alter his perception of the situation so as to present it in a more positive light. The distortion thus produced allows him to remain in the marital situation without considerable discomfort. It must be kept in mind whichever course an individual takes is itself reflective of his need pattern.

CHAPTER III

THEORETICAL FRAMEWORK
SYMBOLIC INTERACTION

The symbolic interaction frame of reference will be employed in this study, as it lends itself particularly well to the study of the marital relationship and to daydreaming as well. This chapter presents a brief summary of the basic tenets of the symbolic interactionist approach, and applications of this approach to the study of marital interaction and daydreaming.

SYMBOLIC INTERACTION

Symbolic interaction theory emphasizes the importance of the social act in affecting the development of personality. Personality, it is argued, necessarily develops within a social context. Man is born into a social world; he influences and is influenced by those with whom he associates. His experiences are inextricably tied to other individuals.

This interdependence of personality and society is exhibited most profoundly within the family setting, where the child experiences his first, and likely his most influential, interpersonal relationships. The family, within the interactional context, is conceptualized as a unity of interacting personalities (Burgess, 1971:3). Personality development is regarded as an unfolding process which takes place as family members live in day-to-day interaction. As such, the family situation is a dynamic one - an ever-changing and ever-growing experience; each family member learns to gauge his own behavior by defining, assessing, and evaluating the behavior of other members. Thus, he is both an actor and a reactor, responding to his environment as it is mediated through others; defining each situation as it arises and reacting within the context of the definition. Waller and Hill (1951:5), stressing this dynamic element of interaction, define the family as "a number of human lives not only mixed together but compounded with one another".

As a result of day-to-day interaction, each family member tends to develop relatively consistent patterns of behavior, or roles. Each role carries with it a set of behavioral expectations which are largely determined by the position held by the individual within the family group and by the status attached to that position. Through the establishment of familial roles, each member is able to anticipate the responses of other members and to modify his own behavior accordingly. It is also possible for him to take the role of another from whose perspective he is able to analyze himself. Several researchers (Mead, 1934; Cooley, 1902; Thomas, 1951; Dewey, 1921; James, 1890) have all described this process in their writings, regarding it as central to the process of personality development.

Communication

Essential to the operation of the whole interaction process is a system of communication. It is through communication that individuals are able to develop understanding about themselves and about those with whom they relate. Language is one method through which communication is achieved. Gesture is another. Language provides individuals with a system of shared meanings, and, in this way functions symbolically. A child, in developing language skills, learns to respond symbolically as well as physically. For example, he learns to categorize objects and events, to treat different objects as the same kind of thing. Stryker (1957:21) defines a symbol as "an incipient act entailing a plan of action". Symbols develop, he argues, in social acts, and serve to produce definitions of situations. Symbols, as conceptualized in this way, act as predictors of future behavior. The whole process of thinking involves the internal manipulation of symbols for purposes such as problem-solving, role-taking, anticipating, and so on.

Similarly, gestures provide individuals with shared meanings. Insofar as a particular gesture has come to represent the same thing to each individual involved in the interaction process, it can be said to be significant symbolically, in that it stimulates activity.

As well as functioning as isolated entities, symbols occur in clusters. The tendency for man to shape his phenomenal world into roles is evidence of the existence of a cluster of symbolic material (Stone, 1957:22). In short, symbols arise as a result of interpersonal interaction and serve as motivating forces for future interaction.

Socialization

Man, according to the symbolic interactionist, has a great capacity to learn meanings and values through symbolic communication. The process by which an individual learns the societal and cultural values and roles which he is expected to follow is generally referred to as socialization (Rose, 1962). Thinking and imagining, for example are two such ways by which socialization can develop. Man's cognitive capabilities allow him to reason - to recognize behavioral alternatives and to assess their relative worth and significance. His imaginal capabilities allow him to "test out" various modes of action and to simulate imaginary situations.[1] Role-taking and role-making skills, for example, can be facilitated through active daydreaming. Through fantasizing, one can test out his own and others' roles and expectations. Fantasy, in this way serves to define the situation for the fantasizer, and thus, to enable him to react appropriately. By supplying situational definitions, daydreaming[2] provides the individual with a "plan of action", and in this way functions symbolically in much the same way as do language and gesture.

Thus, interaction cannot be fully comprehended through external observation alone (Hess and Handel, 1959). The context in which a social act[3] takes place and the definitions placed on the situation by the actors must be taken into consideration as well. Thus, the basic unit of observation within this framework is the interaction itself, for it is from the process of interaction that both the individual and society are derived (Stryker, 1959). Ackerman (1954) argues that an effect on one individual within a relationship will always influence in some way the behavior of the other, and therefore, any relationship represents more than the sum of the personalities which make it up.

As a result of the socialization process, which necessarily involves compromises on the part of personal behavior, there develops within each individual a part of the personality known as the "self-system" (Perry and Gawel, 1953:108-109). This "self-system" acts as a protection against anxiety by guarding against criticism or embarrassment and involves the various defense mechanisms commonly associated with psychoanalytic theory. Often, the self-system is related to one's needs. Unmet needs, then, can often point to maladaptive areas within interpersonal relationships. As man is conceptualized as seeking to reduce tensions which exist within his life, a study of his needs and his feelings, expecially as these feelings relate to his defenses may prove fruitful in delineating the areas which may prove troublesome to his social life as a whole.

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[1] As indicated in the preceding chapter, daydreaming involves an extension of thinking in that the daydreamer is typically diverted from the task at hand often to project himself (or others) into an imaginary or potential situation which is often unrelated to the thought preceding it.

[2] "Fantasy" and "daydream" are used interchangeably throughout this study.

[3] i.e. an act in which two or more individuals are involved, each taking the other(s) into account in the process of satisfying impulses (Stryker, 1959:113).

The Self

The "self" as conceptualized within the interactionist framework derives, as previously indicated, from the social act. Mead (1934:40) defines the self as "that which is an object to itself": Stryker (1959:115) defines it as "the way one describes to himself his relationships to others in a social process". Thus, the self is the conglomerate of perceptions, consciously recognized, of how one views himself in relation to others, and the perceptions that he believes others hold of him. The values he attaches to these perceptions are also a part of the self (Rogers and Dymond, 1954:55).

An actor, in learning to classify objects by means of symbols, also learns to classify himself according to socially recognized categories and roles. By doing so, he creates a sense of who he is and how he compares with others. He is also able to anticipate the reactions and role expectations of others - a process which is referred to as role-taking. He may as well become proficient at role-making, which involves the development of new or novel responses to the interaction. All of these learned responses develop initially from random acts of the infant, who, in interaction with already socialized persons (typically the parents), begins to incorporate and categorize their responses. As the self evolves, and as the child comes into contact with more and more persons and varieties of self-relevant situations, he may experience confusion as to the expectations placed on him and the roles which he should take. Through role-taking and role-making, he is able to define and evaluate his own behavior from differing perspectives, and can act with reference to self as well as with reference to others.

THEORETICAL APPLICATIONS FOR THE STUDY OF DAYDREAMING AND MARITAL INTERACTION

Symbolic interaction theory provides an effective frame of reference by which to view both daydreaming behavior and marital interaction. Both symbolic interaction theory and need theory contend that behavior derives from social acts. Daydreaming studies and marital satisfaction studies, by emphasizing the importance of need fulfillment to behavior, also (implicitly if not explicitly) support the same contention.

Symbolic interaction theory, as just mentioned, suggests that behavior can be explained through examination of the social act, and that interpersonal interaction serves to shape the personality. Interpersonal interaction, in turn, serves to create certain needs within the individual, as has been exhibited in the preceding chapter. These needs, being largely social in nature, can be fulfilled only through further interaction with others. Marriage in particular has been sought as one of the most popular means of fulfilling one's unmet needs.

If need fulfillment is the central element in marital satisfaction (as studies cited in the preceding chapter would suggest) then it would be reasonable to assume that an examination of one's need pattern would be helpful in understanding the relationship between husband and wife. Happily married couples, for instance, should differ from unhappily married couples with respect to the degree to which their personal needs are met by the marital relationship. When one's needs are satisfied by the marital relationship, or when he perceives that this is the case (either accurately or inaccurately), we can say that he experiences marital satisfaction. If however, his needs are not being met through the marital relationship, or, if they are perceived as not being met, dissatisfaction with marriage may result.[4] Daydreams, it has been suggested, serve to reflect needs. Thus, by studying one's daydreaming processes, it is possible to determine the nature of his needs. Latent or unconscious needs are thought to be particularly revealed through daydreaming.[5]

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[4] It must be kept in mind that dissatisfaction with marriage occurs when one's needs are not met regardless of what these needs are or whether or not they are realistic or appropriate to the marital sphere.

[5] Daydreams do not reflect latent or unconscious needs only; they may also reflect needs of which the individual is consciously aware, and/or for which expression is also sought overtly. However, it is likely that needs of the former type surface more often through daydreaming.

Symbolic interaction theory suggests that individuals tend to conceptualize their own and others' actions in terms of roles, or socially recognized patterns of behavior. They develop certain expectations for themselves and for others with respect to these roles. Role-taking and role-making are two ways by which one learns to internalize social roles. One of the ways that this internalization may be accomplished is through daydreaming. Through daydreaming, an individual can "try out" certain behaviors before acting overtly. In this way, daydreaming serves as a means of anticipating the reaction of others to various imagined acts or roles. It may also serve as a mechanism by which he can develop or revise his concept of self - of his relationship to others. Within a marital context, daydreaming may tend to concentrate, for example, around areas of marital discord, perhaps relating to the spouses' responsibilities and expectations of marriage. As these responsibilities and expectations are continuously changing throughout the life-cycle, the ability to recognize and act upon such changes is an important determinant of the satisfaction one feels with his marriage. Daydreaming, perhaps though not consciously recognized as such by the daydreamer, may in this way serve as a form of trial communication, in which a frustrating situation or role conflict is "acted out".

Socialization, or the internalization of roles, necessarily involves some sacrifice to the individual. To some degree, personal needs may be thwarted. In such a circumstance, daydreaming may act as an "outlet" - as a way of releasing feelings or emotions which are not as easily released in a more overt manner. Thus, in a marital situation, one's daydreams may point to areas within the marriage which are unsatisfactory to the daydreamer. A close examination of daydreams, along with other aspects of marital interaction (eg. communication patterns, perception, expectations, evaluations of spouses) can shed light on potential or existing problem areas within the marriage. For example, congruence of perception has been regarded as an important factor in marital satisfaction. The couple's ability to accurately define and understand their own and each other's marital roles and expectations constitutes a major factor in their ability to adjust to (and hence to derive satisfaction from) the marital state. Through an examination and comparison of each partner's perceptions of himself, his spouse, and the marriage relationship, one can learn much about the degree to which the couple has achieved congruence. Distortions which do appear are most likely related to the particular need patterns of the individuals, and these need patterns are in turn reflected in their daydreams.

Research has indicated that the vast majority of us daydream with a great deal of regularity about what we expect to happen in our day-to-day lives. These daydreams may be beneficial in that they can provide direction and sustain our hopes for a better future. However, they may also, in some cases, create expectations which are unrealistic or difficult to fulfill. Unrealistic expectations fostered by fantasies often tend to center around interpersonal relationships. Marriage, for example, an intense, long-term relationship, may be entered into because one or both partners over-estimate the similarity between the potential marriage partner and the fantasies which they have built up about their "ideal" mate. Disparities between what one fantasizes about reality and what actually is often surface over time as couples become more familiar with one another. Depending upon the strength and durability of one's fantasies, these disparities may have far-reaching effects on the marriage in general, and on the degree of satisfaction which the partners derive from the marriage in particular.

CHAPTER IV

RESEARCH DESIGN

As no research has been conducted with respect to daydreaming patterns of married couples and the relationship of daydreaming style to marital interaction, it is difficult to isolate or to ascertain the importance of specific variables for scientific consideration. Although previous fantasy research has delineated several variables which have been found to be associated in specific ways with individual daydreaming patterns, there has been no evidence to suggest that these same associations will hold true when daydreaming is examined within an interpersonal context. It is probable that the same variables are important in both instances, but it is not possible, given the state of research at present, to predict the relative importance of each variable or to hypothesize with any degree of certainty as to the kinds of relationships which exist between interpersonal interaction patterns and individual daydreaming patterns. Therefore, it would seem appropriate that preliminary research in this area be formulative or exploratory in nature. This method of scientific enquiry has as its goal the discovery of relationships and the gaining of insights, from which the formulation of ideas and hypotheses are derived.

Case Study Method

One of the most effective methods of achieving the previously mentioned goal is through the case study approach. This approach provides for an extensive, in-depth examination of each unit under study - a technique which is impractical with more highly sophisticated large-scale experimental studies. The emphasis in the case study technique is not on hypothesis testing, but rather on the seeking of information; the discovery of relationships and the stimulation of ideas. The researcher is therefore allowed maximum flexibility in methodology. This approach permits the researcher, by requiring that he be alert to all incoming stimuli, to shift his attention from variable to variable or to alter his technique of data collection and/or his criteria for case selection should this be necessary as new information comes to light. From the information gleaned from such procedures, new hypotheses, and ultimately, new theories may emerge. The works of Freud and of anthropologists concerned with primitive cultures are notable examples of the utility of the case study approach in theory building.

Sample

The sample consisted of six married couples. As the purpose of this study was to investigate the relationships between daydreaming patterns of married couples with respect to satisfaction with marriage, the sample was made up of three couples who were basically unhappy or poorly-adjusted in marriage, and three couples who were happy or well-adjusted. The criteria for establishing the degree of happiness of the couples was the judgment of the couples themselves. The total sample was initially drawn from two sources. The unhappily married couples were contacted through social agencies, which had previously been involved with them due to their family problems. The happily married group was drawn from a marriage enrichment course. Degree of marital satisfaction was determined by the response to question one of the Locke-Wallace Short Marital Adjustment Test, which asks for a rating on a seven point scale ranging from extremely unhappy to estremely happy. This question was the first posed to each respondent during the interview.

Techniques and Instrumentation

Initially, three self-administered questionnaires - The Short Marital Adjustment Test (Locke and Wallace, 1959), The Short Marital Prediction Test (Locke and Wallace, 1959), and a shortened version of the Imaginal Processes Inventory (Singer, 1971), along with a personal data sheet were given to each respondent. Following this, and after a brief examination of the questionnaire by the researcher, each respondent was interviewed privately. All sessions were tape recorded. The wives in the sample were interviewed by the writer, while husbands were interviewed separately and simultaneously by a male interviewer. This procedure was followed for two reasons: (1) it was felt that interviews with subjects conducted by a same-sexed interviewer would facilitate candidness and limit any apprehension which the subjects may have regarding the interview, and (2) by conducting private but simultaneous interviews with husband-wife pairs, no opportunity would be given the spouses for collaboration.

A Need Questionnaire devised by the writer was also administered during the interview session. This questionnaire consisted of sixty questions which related to fifteen separate needs. Questions and need definitions were based on Murray's(1938) work on need development. Subjects responded on a five point scale according to the degree to which they felt each statement corresponded to them. The interviewer scored this questionnaire immediately following its completion and each need for which the subject scored 13 or more points (out of a possible 20) was discussed later in the interview.

The questionnaire and interview method of eliciting information regarding daydreaming was chosen for the following reasons: (1) It was felt that a direct method of information gathering would be more advantageous than indirect or disguised techniques (such as projective devices, induced fantasy measures etc.) in terms of producing an overall picture of an individual's fantasy patterns. Singer in describing the advantage of this device notes:

> "Often enough psychologists may too easily assume defensiveness on the part of normal persons and resort to indirect or disguised techniques before fully evaluating the possibilities of a direct method of eliciting information." (Singer, 1966:55)

(2) Previous research had indicated that factors such as lying and repression are not associated to any great extent with questionnaire reports of daydreaming on this scale (Wagman, 1968). (3) Reaction of respondents to the daydreaming questionnaire in a pretest of the instruments was extremely positive, in that a great deal of interest and enthusiasm was expressed and responses indicated a minimum of defensiveness.

Following is an analysis of the instruments used in this study: Short Marital Adjustment Test: This is a questionnaire consisting of fifteen multiple-choice items chosen from previously published marital adjustment tests as having the highest statistical levels of discrimination, as determined by a weighted linear combination technique. Item validity had been established through factor analysis in the previous studies employing the items. In scoring the test, points are given for each response category, with possible scores ranging from 2 to 158.

The authors report the mean adjustment score for a sample of 48 marriages in known difficulty or divorced as 71.7 and for a matched group of known adjustment as 135.9 (t=17.5). The percentage of scores over 100 for the maladjusted group was 17% and for the adjusted group, 96%. This test has a correlation coefficient of .47 with the Short Marital Prediction Test. Split-half reliability corrected by the Spearman-Brown formula has been reported as .90.

Short Marital Prediction Test: This test is in questionnaire form and consists of 35 multiple-choice items selected from previous tests as being those items with the highest discrimination levels, as determined by weighted linear combination technique. The items tap such variables as premarital background, experience, status, and personality characteristics conducive to marital success. The validity of the items had been established through factor analysis in the previous studies employing the items. The split-half reliability corrected by the Spearman-Brown formula was reported as .84, which is approximately the same as that of longer tests.

In scoring the test, points are given for each response category. Some items have differing points for male and female. Possible scores range from 0 to 532 for men and from 0 to 502 for women.

Personal Data Sheet: Consisting of 8 items in multiple-choice or fill-in-the-blank form, this data sheet provides background information on the sex, age, occupation, religion, family income, marital status, and number of children of each respondent.

Imaginal Processes Inventory: From reviewing the available literature on daydreaming behavior, it became apparent that very little research has been conducted with respect to questionnaire or scale construction in this field. The above-mentioned questionnaire appears to be the only comprehensive instrument available. Singer has repeatedly used this test in his own research endeavors and has revised and refined it several times. Results of factor analytic studies (Singer and Antrobus, 1963, 1972) using this questionnaire have essentially been replicated, clearly showing that individuals load differentially on the various subscales according to personality and cognitive variables (as measured by various other reliable and valid tests).[1] Singer has also reported (1972) internal consistencies averaging in the mid .80s for the individual subscales, with no subscale reporting an internal consistency below .75. Thus, for practical considerations, and with the belief that this instrument is a reliable, valid and comprehensive measure of daydream behavior, the above-mentioned questionnaire was used in the present study.

The questionnaire, in its entirety, consists of 28 subscales (344 items in all), each representing one class of daydream. For the purpose of the present study, only 23 subscales (284 items) were used. Frequency, structural, and content areas are tapped by the items, which are randomly ordered. The subjects respond to each question on a five-point scale according to how they rate each statement - i.e. as ranging from highly characteristic to highly uncharacteristic of themselves. Each scale score equals the total of responses of all items on that scale, with the scores for each question ranging from one to five. The items in each scale are worded so as to avoid responses sets.

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[1] Other tests used in the factor analytic studies included the Personality Inventory (H.J. Eysenck), California Psychological Inventory (Gough, 1964), Guilford-Zimmerman Temperament Survey (1949), Stein-Craik Activity Preference Inventory.

Total interview time for all six couples interviewed was 36 hours, the average interview time per person being 3 hours. An analysis of the results follows in the next chapter.

CHAPTER V

SUMMARY AND ANALYSIS OF RESULTS

This chapter will serve to (1) summarize each respondent's daydreaming patterns, and (2) analyze the relationship of daydreams to each respondent's satisfaction with marriage. Material will be presented in case study format, with a separate analysis for each respondent. As previously outlined, the information upon which this analysis is based has been derived from several sources. Daydreaming patterns were determined largely from subscale scores on the Imaginal Processes Inventory. In some cases, additional information was supplied by respondents during the personal interview as well. Marital needs were determined through discussion and through responses to the need questionnaire presented during the interview. Dynamics of marital interaction and satisfaction were determined through discussion during the interview and through information and scores obtained from the Marital Adjustment and the Marital Prediction Tests. Immediately following is a summary of these scores. Of the six couples interviewed, couples A., B., and C. constitute the happily married group while couples D., E., and F. constitute the unhappily married group. As indicated in Table I, the total scores on both the Marital Adjustment Test and the Marital Prediction Test show a marked difference between the two groups, with couples A., B., and C. (i.e. those who perceive themselves as being satisfied with their marriage) scoring higher than couples D., E., and F. (i.e. those who perceive themselves as unhappily married). In other words, the scores obtained by all couples on these two tests would seem to coincide with their own assessment of their marital situation.

Respondent	Marital Adjustment Test	Marital Prediction Test
Mr. A.	121	372
Mrs. A.	137	303
Mr. B.	120	340
Mrs. B.	110	361
Mr. C.	139	256
Mrs. C.	146	335
Mr. D.	55	201
Mrs. D.	68	189
Mr. E.	80	225
Mrs. E.	46	165
Mr. F.	71	206
Mrs. F.	72	218

TABLE I
TOTAL SCORES - SHORT MARITAL
ADJUSTMENT TEST AND SHORT MARITAL
PREDICTION TEST

Marital Adjustment Test: mean adjustment score for a sample of 48 marriages in known difficulty is 71.7 and for a matched group of known adjustment is 135.9 (t=17.5).
Marital Prediction Test: Possible scores range from 0-532 for men and 0-502 for women. High scores indicate prediction for marital success.

I.P.I. Scale #	Scale Title	Mr. A.	Mrs. A.	Mr. B.	Mrs. B.	Mr. C.	Mrs. C.	Mr. D.	Mrs. D.	Mr. E.	Mrs. E.	Mr. F.	Mrs. F.
1	Frequency	31	31	40	37	15	33	15	56	48	32	47	58
3	Absorption	51	52	79	47	22	61	21	90	80	44	70	81
4	Acceptance	47	41	40	45	51	52	22	54	32	22	38	36
5	Positive Reactions	32	31	39	39	38	43	33	48	23	23	34	30
6	Frightened Reactions	30	24	37	29	15	25	34	13	50	21	19	46
9	Problem-Solving	42	36	39	34	25	52	12	28	14	20	39	40
10	Present-Oriented	38	36	35	39	33	45	12	21	15	37	35	20
11	Future-Oriented	39	54	44	48	39	48	40	49	42	40	35	41
12	Past-Oriented	34	38	30	31	31	37	13	18	42	15	22	40
13	Bizarre	34	20	34	25	13	20	41	15	38	24	36	14
14	Mindwandering	37	38	52	33	15	28	16	40	50	36	49	51
15	Achievement	31	21	52	25	12	30	38	42	12	14	44	40
17	Fear of Failure	33	25	26	22	12	24	37	14	45	18	20	49

TABLE II
TOTAL SCALE SCORES - IMAGINAL PROCESSES INVENTORY

I.P.I. Scale #	Scale Title	Mr. A.	Mrs. A.	Mr. B.	Mrs. B.	Mr. C.	Mrs. C.	Mr. D.	Mrs D.	Mr. E.	Mrs. E.	Mr. F.	Mrs. F.
18	Hostile	36	17	47	24	12	27	36	44	44	34	21	15
19	Sexual	39	23	45	33	29	32	12	47	58	52	14	14
20	Heroic	38	16	59	15	12	12	38	45	12	18	40	20
21	Guilt	27	12	31	16	12	13	36	14	42	19	15	42
22	Curiosity-Interpersonal	30	49	41	44	52	47	20	34	40	29	26	24
24	Boredom	33	26	31	22	13	26	22	30	21	24	28	29
25	Mentation Rate	36	35	41	46	49	46	48	46	45	35	41	52
26	Distractibility	38	37	49	36	26	33	25	48	42	34	44	49
27	External Stimulation	27	27	47	45	52	31	40	36	32	45	41	38
28	Self-Revelation	32	38	42	33	44	41	20	26	37	32	31	30

TABLE II
TOTAL SCALE SCORES - IMAGINAL PROCESSES INVENTORY

Total possible scores on all scales except Scale 2 is 60 points. (Scale 2 has a total possible score of 100.) High scores on a particular scale indicate high daydream frequency.

COUPLE A

Background Information

Mr. and Mrs. A. have been married for three years and have one child, a daughter, aged four months. Mr. A. is in his late thirties while his wife is in her early forties. Mr. A. is a social worker with a university education, while his wife has a highschool education and is a homemaker and mother. Their approximate family income is $10,000 - $15,000 annually. Both spouses are Roman Catholic.

Daydreaming Styles

Mr. A.: Mr. A. describes himself as an occasional daydreamer, indulging in fantasies a few times during the day. His daydreams tend to occur during times of relative inactivity, at work, and during long bus or train rides. While he acknowledges the presence of occasional daydreams, Mr. A. reports that he rarely stops to reflect upon them, even though some of them tend to recur. In fact, Mr. A. indicates that his daydreams usually have no appreciable effect on him in terms of being able to alter his moods or hold his attention. At the same time, however, Mr. A. appears to be accepting of the daydreams he does have. Generally, he considers daydreaming to be a normal kind of behavior which is experienced by all. However, he also indicates that he does feel guilty about daydreaming at times - possibly because he regards them as neither particularly interesting nor worthwhile.

The majority of Mr. A.'s daydreams are concerned with problems which may arise in his day-to-day life. Themes concerning work and family are common. These types of daydreams tend to center around present and future issues in his life rather than what he has experienced in the past. Mr. A. views these daydreams as attempts on his part to solve these actual daily problems. He quite often finds, however, that his daydreaming provides him with no workable solutions. In a sense, his daydreams of this category tend to be more "wishful thinking" than serious attempts at problem-solving, in that through daydreaming, Mr. A. imagines solving all of his problems.

Mr. A. also experiences sexual daydreams, which become very vivid to him. This type of daydream appears to be the only type which holds his attention or arouses any appreciable emotion within him. Dreams of this category include Mr. A. imagining himself to be physically attractive to women and making love to them. He reports that his dreams of this type are often so clear that he may feel that they are actually happening. At the same time, Mr. A. does not experience physical arousal himself during these daydreams.

Also quite predominant, although less so than the categories already mentioned, are daydreams involving heroism. These typically involve Mr. A. as the hero, and include plots such as saving loved ones from a fire or otherwise risking his own life for his family, preventing a hijacking, and scoring the deciding point in an athletic match. Also present to a lesser extent are daydreams in which Mr. A. expresses his hostility toward others. Included in this category are dreams involving Mr. A.'s superior at work and various people he dislikes. Not included are dreams about his parents or family.

Mr. A. also occasionally daydreams about his own personal shortcomings. These dreams tend to center around his role as husband and father and involve a fear that he may fail to live up to the expectations of his parents or his family. Daydreams involving his work are not included in this category. It would appear that Mr. A.'s daydreams in which he is fearful of failing tend to revolve around his home situation exclusively.

Mr. A. reports that his daydreams very rarely involve guilty feelings or frightened reactions on his part. He does admit that while on the whole his daydreams hold little emotional impact for him, he is bothered by unpleasant ones. It would appear, though, that pleasant daydreams far outnumber the unpleasant ones, so that the instances in which he would be bothered by a daydream are few and far between.

Mrs. A.: Mrs. A. is an occasional daydreamer, estimating that she spends approximately ten percent of her waking hours in active daydreaming. Her daydreams, it seems, hold very little if any emotional impact for her. She indicates that her moods are usually not affected by her daydreams, as she is not conscious of any emotional shift following a fantasy. Very often her daydreams tend to recur.

Mrs. A. appears to be unsure of her own feelings with respect to her daydreaming behavior. On the one hand, she agrees that daydreaming is a normal, acceptable activity for people of all ages. On the other hand, she often feels guilty about her own daydreaming, regarding it as very childish. She does not view daydreaming as merely an escape from responsibilities, yet neither does she see it as particularly useful in solving problems (although she attempts to use it for this purpose). Generally, she appears to regard daydreaming as an experience which is neither stimulating nor rewarding (yet not unpleasant); as an unproductive attempt at solving day-to-day problems.

Mrs. A.'s daydreams concentrate heavily on concerns about the future. She tends to imagine, for example, what will happen to her in the future, what she hopes will happen, and what the world will be like in years to come. These dreams tend to be very realistic in nature, never portraying bizarre or impossible situations. Rather, these types of daydreams include aspirations and "wishful thinking" of a fairly realistic and attainable nature.

Mrs. A. also fantasizes about the past. This type of daydream consists mainly of recalling scenes and events and re-living moments from her childhood days. People and places she was familiar with when she was young are often pictured as well, although these are not usually vivid or in great detail.

Almost as common as daydreams of the past are daydreams in which Mrs. A. is involved in the present. Day-to-day concerns and events are imagined and related to upcoming responsibilities.

Fear of failing is a somewhat common theme in Mrs. A.'s daydreams. These more fearful dreams tend to focus on her role as wife and mother. Included are plots such as failing to meet the demands of this role and not being able to satisfy those she loves.

Mrs. A. reports that she never experiences guilt in her fantasies. Neither does she perform acts of heroism or express hostile feelings. Very rarely will she imagine herself as achieving something of great importance, although she does report a daydream in which she makes an important contribution to industry and society. Also very rarely does she have sexual daydreams, although she sometimes fantasizes about "love".

Overview: Mr. and Mrs. A.s' daydreaming styles would appear to be markedly similar with respect to (1) frequency of occurrence, (2) emotional affect, and (3) content and specific concerns. Both Mr. and

Mrs. A. classify themselves as "occasional daydreamers" - i.e. daydreaming a few times each day or approximately ten percent of their waking hours. Neither is particularly affected emotionally by their fantasies, and neither is particularly reflective about them. Both regard daydreaming as a normal, acceptable kind of behavior, yet both tend to occasionally experience guilt about the time spent indulging in their own daydreams. Both find that their fantasies are not particularly useful or purposeful, although both attempt to utilize them for problem solving.

Most of both Mr. A.'s and Mrs. A.'s daydreams are concerned with the present and the future. Realism dominates the themes of these daydreams, with little if any reference to improbable or bizarre happenings. A common element in both spouses' daydreams is an emphasis on home and family, with hopes for the future, and occasionally, fears and self-doubts as to each partner's own capability to live up to the other's expectations of him.

Mr. A. appears to experience a much wider range of thematic content in his daydreaming than does Mrs. A., whose fantasies tend to center around futuristic family concerns almost exclusively. Mr. A.'s fantasies include themes such as sexual fulfillment, heroism, hostility, and achievement, while Mrs. A. indicates that she does not experience any of these kinds of fantasies. Mr. A.'s daydreams tend to be more bizarre than Mrs. A.'s, although neither experiences weird or unrealistic thoughts on the whole.

Needs, Marital Interaction, and Marital Satisfaction

Mr. A.

(1) Autonomy Mr. A.'s need to be independent and unattached is met quite will, he feels, through his relationship with his wife. Their closeness is not a constraining thing and each feels free to engage in activities apart from the other. On the whole, Mr. A. finds that he prefers to stay at home rather than take part in activities elsewhere. However, he does have interests which are exclusively his own and which take him away from home. Mrs. A. is very accepting of this fact and encourages her husband in his own pursuits.

(2) Nurturance Mr. A. indicates that he has never really thought of his relationship with his wife in terms of satisfying a need within himself to give sympathy or aid to a weak or helpless person. However, he recognizes this need within himself and does not feel deprived of its satisfaction at home or at work. He sees his husband role as one of providing support to his wife and being sensitive to her needs. He believes that Mrs. A. looks to him for encouragement in developing her own inner strengths and abilities. While he feels that, on the whole, he has been able to provide this support, he is constantly aware of his occasional inability to pick up cues as to what is required of him. He describes himself as having to make a conscious effort to be understanding. Thus, while his wife is very receptive to his nurturant behavior, Mr. A. feels that he has shortcomings in this area himself.

(3) Emotionality This is a need of Mr. A.'s which is not completely satisfied through his relationship with his wife. His wife is sometimes not as open as he would like her to be. This is due, he believes, to a general lack of self-confidence which sometimes causes Mrs. A. to hold back her feelings to the extent that she becomes

depressed or irritable. She is also easily hurt. Mr. A. sometimes finds it difficult to express his own feelings fearing that she will become upset. However, this does not happen often, and when it does, Mr. A. tends to regard such a development more as a consequence of his own shortcomings than of hers. The area of sexual relations is one which Mr. A. would like to see improved. Although he would like his wife to share in initiating sexual relations, he feels that she sees this more as his role than hers. He would also like her to let him know what pleases her sexually. This, he admits, is a fault of his own as well.

(4) Vicariousness This need is, on the whole, satisfactorily met within his marriage, Mr. A. feels. He sees his wife as being generally a happy person, and as marital happiness is very important to him, he gains a great deal of satisfaction through her happiness. There are times when Mrs. A. becomes upset and uncommunicative. When this occurs, Mr. A. often takes responsibility for her moodiness, feeling that somehow he has not been sensitive to her needs. Had he been more perceptive, he may have been able to avoid these upsets, Mr. A. feels. On the one hand, then, he feels responsible for contributing to Mrs. A.'s bad mood. On the other hand, however, he becomes angry at her for not communicating her feelings to him sooner. Either way, Mr. A. is quite distressed when his wife is unhappy.

(5) Recognition Mr. A. wants more than anything else to be recognized and accepted for the person he is - to be understood and appreciated. He feels that he gets this recognition and understanding from his wife, who is always willing to listen, to exchange views, and to share with him. Their relationship and their life together serves

to enhance Mr. A.'s feeling of self-worth.

Mrs. A.

(1) Abasement Mrs. A. recognizes the need in herself to accept blame or punishment and is not particularly happy about this aspect of her personality. She especially recognizes a need in herself to invite criticism from her own parents. Mr. A. does not allow her to do this. Rather he encourages her to stand up for herself and to believe in her own values. Mrs. A. feels that she depends upon her husband very much and needs his support to do this. It would appear then, that Mrs. A.'s need for abasement is not fulfilled by her relationship with her husband. Rather, it is discouraged. Through this discouragement, however, Mrs. A. feels that she is becoming a better and stronger person.

(2) Affiliation Mrs. A. feels that her own need to draw near and to enjoy interaction with others is fulfilled almost perfectly by her family. She gains a great sense of satisfaction from the sharing and companionship which exists between her and her husband. They enjoy doing things together and prefer spending their leisure time at home. Now, with a newborn daughter, Mrs. A. cherishes even more the relationship she has with her husband. Each evening after the baby is settled down for the night, the two of them usually have a "quiet time" where they can sit, talk, and share together. Even their outside interests are shared to a large extent, although each feels free to engage in activities which do not include the spouse.

(3) Deference Mrs. A. recognizes her need to admire others as being an important factor in her initial attraction to Mr. A. The couple met through mutual friends whom Mrs. A. admired. They in turn

had good things to say about Mr. A., and Mrs. A. came to admire him as well. Her admiration for her husband has grown over the years and continues to grow. For example, she describes him as having a "gentle strength" and the "courage of his convictions". She is impressed by his stance on social issues and on religion, which she finds to be similar to her own. She relishes his simplicity. All in all, Mr. A. comes very close to Mrs. A.'s perception of an "ideal" mate.

(4) Nurturance Mrs. A. agrees that she often feels the need to give aid or sympathy to others. Her husband supports her in this need and often encourages her to do what she wants to do. He also acts as a "balancing agent" in that he helps Mrs. A. to re-examine her priorities and to sort out alternatives rather than acting on first impulse. Mrs. A. feels that she tends to get too emotional at times and needs her husband to help her in this respect. He, in turn, is very willing and able to provide the kind of support she needs.

(5) Anxiety Mrs. A. describes herself as an anxious person in that she tends to worry about her own failure to please others and her tendency to invoke their anger. Her husband has helped her considerably, she feels, in counteracting these anxious feelings. By encouraging belief in herself and offering reassurance in stressful times, Mr. A. has assisted in developing his wife's self-confidence. She now realizes that making mistakes is not unforgivable, and although she still experiences anxiety over doing so, this is becoming less and less of a problem.

(6) Emotionality Mr. A. encourages his wife in the giving of affection and receives affection openly in return. In some ways, Mrs. A. feels that she does not meet her husband's expectations in this

area. She sometimes finds it difficult to express her feelings, for example. In the area of sexual relations, she finds it difficult to express herself as well. She tends to be passive, while her husband would prefer her to be more aggressive. However, Mrs. A. admits that through her relationship with Mr. A., she has learned to become more open. Because of his freedom to share with her, she has become freer also.

(7) Vicariousness Mrs. A. feels very content and secure in the knowledge that her husband is happy with their relationship together. His happiness gives Mrs. A. a great deal of personal satisfaction as well.

Overview: Mr. and Mrs. A. perceive that most of their needs are being met - at least partially, and sometimes fully - by their spouse or their relationship with their spouse. Mrs. A.'s needs for affiliation, deference, nurturance, emotionality, and vicariousness are all being fulfilled, she perceives, through her marriage. While her needs for abasement and anxiety are not being met through her relationship with Mr. A., she is pleased that this is so and in fact looks to her husband for assistance in dealing with these rather negative aspects of her personality, as she sees them. In this way then, Mrs. A. is dependent upon her husband's help in counteracting some of her own needs. In a sense, one might say that she has a dependency need as well - a need for support from her husband in discouraging and counterbalancing what she regards as her own weaknesses.

Mr. A.'s needs for autonomy, vicariousness and self-worth appear to be satisfactorily met within his marriage relationship although there are times when the gratification of vicariousness is thwarted. Mr. A. is not certain as to how his need to nurture relates to his marriage. This particular need may be more related to his career as a social worker than to his family situation. At the same time, however, he does appear to be carrying over the need to nurture into his family life. Certainly Mrs. A. views her husband as a nurturing person and seeks to elicit this kind of response from him. Mr. A.'s need for emotionality is not completely satisfied through his marriage. The problem would appear to be with Mrs. A.'s difficulty in self-expression (both verbally and sexually) and in Mr. A.'s resulting frustration.

Daydreaming and Marital Needs

From the previously reported case study, several trends can be identified with respect to daydreaming and marital needs.

Mr. A.: That home and family is a very important aspect of Mr. A.'s life is exhibited quite clearly by his daydreaming pattern. In fact, the vast majority of his daydreams concern the everyday problems which arise at home. Often these fantasies conclude with Mr. A. imagining solving all of his problems. Many of these fantasies are of a heroic or grandiose nature, with Mr. A. as the hero and problem-solver. In these dreams, his family is always very grateful and proud of his accomplishments. This type of daydream would seem to be related to several of Mr. A.'s needs. For example, it may allow him to gratify his need for vicariousness in that through imagining that he has made his family happy, he gains satisfaction himself. It may serve as an attempt to gratify his need for emotionality as well, for it allows him to show and to receive affection openly. Most likely, however, this type of fantasy serves as an attempt to meet Mr. A.'s nurturance need. Much of the A.'s marital interaction centers around the helping role. Mr. A. invariably acts as the helper - giving support and encouragement to his wife. Mrs. A. is viewed by both as the dependent partner in the marriage in the sense that she requires this aid from her husband and seeks it freely.

Being keenly aware of this supportive role, Mr. A. has developed very high expectations for himself. Although he acknowledges his successes, he is very much aware of his failures in this regard. This awareness of failure is reflected by his daydreams in which he feels shamed or disappointed in his own performance or in which others are disappointed in him. That this type of failure daydream seems to revolve exclusively around his relationship with his family would tend to reinforce the contention that family relationships are very important to Mr. A. and that his own role of nurturant husband is an uppermost need.

While on the whole, Mr. A. does not become emotionally involved in his daydreams, he finds that his sexual daydreams are especially vivid and engrossing. This again may reflect a need for emotionality which is not being met within his marital relationship. As previously outlined, the sexual aspect of Mr. and Mrs. A.'s relationship is one of the more predominant problem areas.

On the whole, Mr. A.'s daydreaming appears to function as an indicator of problem areas within his marital relationship. (Some of Mr. A.'s daydreams - notably those involving demonstration of hostility - do not appear to be related to the marital sphere at all. Rather, these are reflective of the employment situation and of other relationships and therefore will not be discussed here.) However, Mr. A. does not appear to utilize his daydreams in a constructive way in order to solve these problems. On the contrary, he rarely pauses to reflect at all upon the significance of a daydream or to assess its meaning. (Sexual daydreams are an exception and would appear to stand out from the other categories of daydreams in the sense that Mr. A. tends to become engrossed in these.) Occasionally a creative idea will develop from what began as a fantasy, but this is rare. More often, Mr. A.'s daydreams are fleeting moments of wishful thinking on his part.

Mrs. A.: Like her husband, Mrs. A. fantasizes most often about home and family. In these daydreams she is usually concerned about the future and about her own capabilities with respect to meeting the demands and expectations of her family. This would appear to be consistent with her needs for abasement and anxiety, for often in her fantasies Mrs. A. places blame on herself for the events which occur and expresses worry over their outcome. It is interesting to note that Mrs. A. does not appear to fantasize about solving her problems - only about experiencing them. This would tend to reinforce her anxiety and self-blame as well.

Although she recognizes the potential problem-solving function of daydreaming, Mrs. A. finds that her own daydreams are unproductive in this sense. While daydreaming presents her with problems and concerns, it does not provide her with solutions. Perhaps this accounts for her ambivalence about daydreaming in general and her occasional feelings of guilt about indulging in fantasy. It may also explain why she does not become more engrossed in the process. It may be that the very nature of Mrs. A.'s fantasies and her reactions to them prevent her from gaining insights which otherwise might be available to her.

COUPLE B

Background Information

Mr. and Mrs. B. are in their mid-thirties and have been married for three years. They have one son, aged ten months. Both have a university education, Mr. B. having completed a post-graduate degree. Mr. B. is employed as a counsellor while his wife is a teacher. Their combined family income ranges from $20,000 to $30,000 per annum. Both are Roman Catholic.

Daydreaming Styles

Mr. B.: Mr. B. is a moderate daydreamer, indulging in fantasies a few times during the day. He estimates that daydreams occupy 10% - 25% of his waking thoughts. His daydreams occur in a variety of settings and are scattered throughout the day.

Mr. B. tends to become very involved in his fantasies. His daydreams are so vivid and powerful that he frequently finds it difficult to bring them to an end. In fact, he often tries to prolong them, especially if they are pleasant or particularly striking. Other times he finds it almost impossible to extricate himself from a daydream, even though he may make several attempts to do so. Quite often, he finds himself re-living his daydreams and reflecting upon them with excitement. Recurring daydreams are very common.

Mr. B. appears to be very accepting of his own daydreaming. He describes daydreaming as a behavior which is common to people of all ages. Although he admits that, as a child, he created a rich fantasy world for himself, he does not regard his adult fantasies as childish in any way. He experiences no guilty feelings about the time spent indulging in them. Rather than regarding daydreaming as an escape mechanism, he feels that his own daydreams are both worthwhile and interesting to him. They appear to be equally divided between pleasant and unpleasant experiences, and, although unpleasant or especially "real" daydreams sometimes leave him with an uneasy feeling, Mr. B. nevertheless relishes their presence in his day-to-day life.

A great majority of Mr. B.'s daydreams center around heroic themes in which Mr. B. is the main character. He imagines himself in a variety of situations in which he endangers his own life to help others or to prevent a tragedy from occurring. His daydreams of this type range from relatively realistic, family-centered themes to themes with world-wide implications. He reports, for example, daydreams in which he saves his family from financial ruin, from a blazing fire, from drowning, and from other such catastrophes; he also reports daydreams in which he prevents an airplane hijacking or a plot to kill a political figure and in which he saves the world by volunteering as a subject in an important scientific experiment or negotiating a peace settlement in a foreign war.

Also very common to Mr. B. are daydreams in which achievement is stressed. These types of daydreams appear to center mainly around Mr. B.'s employment situation. For example, he imagines himself receiving high honors and promotions for outstanding contributions to his field. He imagines himself as a highly-respected professional, whose opinion is sought by all.

Hostile daydreams are also common to Mr. B. In this type of daydream, he imagines himself displaying anger toward others. This anger is usually directed at those he dislikes, although occasionally he may imagine hurting those he loves as well. Particularly common are employment-oriented fantasies in which Mr. B. resents a superior and seeks revenge for unjust reprimands.

Equally as common as those of a hostile nature are daydreams with sexual overtones and with future-oriented concerns. Mr. B. reports that his sexual daydreams are very vivid and often tend to arouse him physically. Included in this category are daydreams in which Mr. B. imagines himself as physically attractive to women and is having intercourse with them. Future-oriented daydreams include such things as imagining what the world will be like in years to come, planning for upcoming events and picturing himself as he will be several years from now.

Problem-solving daydreams, while relatively frequent, are not regarded by Mr. B. as being particularly productive from a practical point of view. He indicates that while he often imagines solving all of his problems in his daydreams, these daydreams do not provide him with many workable solutions in reality. Rather, they tend to be of a fantastic or unrealistic nature. Many of Mr. B.'s daydreams concerning his day-to-day or current affairs tend to fall into this category.

Mr. B. reports that he very rarely has daydreams in which he experiences failure or guilt feelings. Dreams about the past are also very uncommon.

Mrs. B.: Mrs. B. is an occasional daydreamer who indulges in fantasies a few times during the day, or about 10% of her waking hours. She tends not to become emotionally involved or absorbed in her daydreams as a rule, although she does admit that she is sometimes upset by unpleasant ones. Generally, however, Mrs. B.'s fantasies do not have a significant emotional impact.

Mrs. B. regards daydreaming as an acceptable adult behavior. As she does not view it as merely an avoidance of daily tasks, she experiences no guilt over her own daydreaming. Rather, she finds her fantasies to be interesting and worthwhile experiences. She indicates that she usually reflects upon them every day.

Mrs. B.'s daydreams tend to be pleasant rather than unpleasant. Often, she will re-live pleasant times she has previously experienced through daydreaming about them. When unpleasant fantasies do occur (which is very seldom), Mrs. B. tends to become frightened and upset. However, the effects of these unpleasant daydreams are not lingering.

Mrs. B. tends to daydream mostly about the future. Her dreams include imagining herself as she will be in future years, dreaming of what she would like to see happen in years to come, planning where she will be and what she will be doing and wondering what is about to happen. She also fantasizes about the present, although to a slightly lesser extent. These dreams tend to be of a problem-solving nature in that solutions are imagined for the day-to-day problems faced by Mrs. B. and these solutions are tried out in her daydreams. However, Mrs. B. finds that these daydreams rarely provide her with actual solutions.

Sexual daydreams are the next most common category experienced by Mrs. B. These often occur when she is bored and are usually very vivid. Dreams of this type frequently picture Mrs. B. as being physically attractive to men.

Also occurring, although infrequently, are daydreams about the past. These appear to be reminiscences of childhood days. Even less frequent are daydreams involving achievement and not occurring at all are hostile, heroic, guilt, or fear of failure daydreams.

Overview: Mr. and Mrs. B. would appear to exhibit marked differences in their daydreaming styles. Mr. B. tends to daydream slightly more frequently than his wife, and, while he tends to become very engrossed in his daydreams, she does not. Mr. B. almost always reacts emotionally while fantasizing and often seeks to control his fantasies through prolonging and re-living pleasant ones while limiting unpleasant ones. Mrs. B. on the other hand, does not attempt to control or alter her fantasies at all. Rather, she appears to accept the daydreams she does have in a matter-of-fact way. Daydreams which are able to affect her emotionally tend to be those with negative or unpleasant overtones.

Both Mr. and Mrs. B.'s daydreams are, on the whole, related to present and future concerns. However, while Mrs. B.'s fantasies appear to be realistic and rather unimaginative, Mr. B.'s tend to be somewhat bizarre or fantastic. Mrs. B. does not appear to experience nearly as wide a range of subject-matter as does her husband. While Mr. B.'s low scores on some of the subscales of the I.P.I. reveal that he tends not to experience daydreams of a particular type, he does report the existence of these fantasies, even if only rarely. Mrs. B. on the other hand, indicates that she has never fantasized about some themes.

Needs, Marital Interaction, and Marital Satisfaction

Mr. B.

(1) Abasement Mr. B. feels that his need to accept criticism or blame applies much more to his employment situation than to

his home life. He has a tendency to be critical of himself (and of others) at work and occasionally to doubt his own capabilities with respect to the performance of his tasks. He is aware of a constant striving within himself to become more successful professionally. In relation to his marriage, Mr. B. feels that this abasement need is less pronounced, although applicable to some degree. He feels, for example, that his wife would prefer him to be a stronger person - more in charge and more able to give direction to their lives. He also senses that Mrs. B. is unhappy at times with his listening ability. He admits to a lack of sensitivity in this respect.

In other ways, as well, Mr. B.'s marriage may serve to reflect his abasement need. For example, both parents disapproved of his marriage to Mrs. B. Mr. B. senses that his family is still critical of the way in which he and his wife live their lives. They find it odd for example that household tasks are equally shared and that Mr. B. has become "domesticated" to a large extent. Mr. B. admits that he has acquired many domestic interests as a result of his wife's influence. However, he is still sensitive to his family's feelings and can be influenced by their opposition. Thus, while Mr. and Mrs. B. agree intellectually about the performance of tasks and about family roles, Mr. B. finds that sometimes this agreement is not reflected in the reality of day-to-day events.

(2) Achievement Although he describes himself as an ambitious man, Mr. B. tends to relate his ambitions mainly to his employment situation. At the present time, he is dissatisfied with his professional standing and feels he does not receive the appreciation he deserves. He is often openly critical of his superiors and is happiest

in the position of leader or organizer. In the employment sphere then, Mr. B. is very achievement oriented; in relation to marriage and family, however, he feels that he is not. As a couple, Mr. and Mrs. B. are not oriented toward the achievement of materialistic goals. However, he does feel a strong need to maintain the sense of well-being which has developed within his marriage and to build upon the satisfying aspects of his home life. He has come to enjoy the time spent at home with his family and seeks to increase the feelings of togetherness in the future. He desires a larger family. Thus, Mr. B. does appear to fulfill his need for achievement through his relationship with his family.

(3) Autonomy Mr. B. feels that his marriage has helped him a great deal in becoming an autonomous and independent person. Through marriage, he has learned to place less importance on others' life styles and to develop a unique and satisfying life of his own. He finds that he is less concerned with outside interference and criticism because of the satisfaction he has gained through working out family goals of his own.

(4) Dominance The need to influence and control others is one which exhibits itself mostly through his employment situation, Mr. B. feels. As previously outlined, Mr. B. seeks to become a leader in his own field and much of his time and effort is spent in attempting to become professionally prominent. He realizes, however, that this need is carried over into his home life as well. He describes both himself and his wife as somewhat domineering; this creates problems at times as each attempts to control the other. Mrs. B. does not allow her husband too much latitude in this respect although he admits that she is tolerant to a point.

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(5) Hostility Mr. B. acknowledges that he sometimes intentionally hurts his wife through both words and actions. This does not happen too often, however. He also describes himself as one who usually speaks his mind and airs his feelings, without regard to hurting the feelings of others. In this sense then, Mr. B.'s marriage may serve as a means by which to vent hostility. He finds that he and his wife have learned through the years to cope with negative feelings in a constructive way. Although disagreements arise very frequently, each has learned to extricate himself more effectively and to come to mutually agreed upon solutions. They have come to accept disagreement as a way of life and in a sense, have "agreed to disagree" about certain subjects. Thus, they are able to express their anger with one another and to cope effectively with it as well. It could be said then, that their relationship has allowed them to gratify Mr. B.'s need for hostility and, in addition, to cope with it in a constructive way.

(6) Recognition Mr. B. feels that his need for recognition is satisfied completely through his marriage. He is secure in the knowledge that his wife respects and admires him. This need is not fulfilled elsewhere, however, (i.e. at work) and so Mr. B. does feel a strong need for recognition outside the home.

(7) Status Aspiration Mr. B. feels that this need is also predominantly work-related. However, Mrs. B. supports him in this need, encouraging her husband in his search for a better job with higher job satisfaction.

(8) Anxiety Most of Mr. B.'s feelings of anxiety appear to originate from his employment concerns. Mr. B. indicates that he

experiences no anxiety with respect to his marital situation. Being very satisfied with marriage and knowing that his wife is satisfied as well prevents these feelings from developing at home.

(9) Emotionality Mr. B. regards himself as an affectionate person who appreciates affection in return. He describes his wife as less affectionate than himself, which displeases him at times. Mr. B. would like to see improvement especially in the area of sexual relations. His wife tends to think that there is a time and place for sexual encounters and feels uncomfortable departing from routine. She is also more passive than Mr. B. would prefer. Thus, his need for affectionate behavior is not completely met through his marriage.

(10) Vicariousness Mr. B. feels a great sense of satisfaction through knowing that his wife is content with their life together. Since the birth of their son, Mrs. B. has been happier than ever before and there has developed a mutual closeness and feeling of security between Mr. and Mrs. B. Perhaps because of this, the B.s are better able to handle disagreements and to work through their day-to-day problems.

Mrs. B.

(1) Abasement Mrs. B. acknowledges that she does tend to be critical of herself and to accept blame inappropriately. Her husband does not allow her to do this, and therefore, is not supportive of this abasement need. This pleases Mrs. B., who feels that her husband's confidence has improved her self-image appreciably.

(2) Achievement Mrs. B. tends to work diligently at the tasks she undertakes. Her husband feels that she works too hard and would like her to slow down a little. However, he has come to accept

this trait in his wife, and Mrs. B. feels that she now receives more support from him than she did previously. In this respect then, her husband is showing improvement in supporting Mrs. B.'s achievement need.

(3) Autonomy Mrs. B. finds that her husband is very supportive of her need for independence. He is accepting of the fact that some of her activities do not include him, just as he involves himself in outside interests as well. Their relationship has a mutually satisfactory balance between togetherness and autonomy.

(4) Deference Mrs. B. often praises her husband and finds that he accepts praise from her readily. Thus, she feels that this need is gratified fully through her marriage.

(5) Dominance Mrs. B. acknowledges that she tends to be very domineering at times. This dominance exhibits itself not so much within the marriage as within Mrs. B.'s career. Her husband generally supports this need in that he offers no resistance to his wife when she is determined to follow through with her goals.

(6) Nurturance Mrs. B. feels that the need to aid others has in the past been fulfilled mainly through her career. She does not associate her tendency to nurture with her husband-wife relationship at all. However, the experience of becoming a mother has given her the opportunity to gratify this need and, at present, she is extremely satisfied with her role as mother.

(7) Anxiety Mrs. B. admits to worrying a great deal about the future and what it holds in store for her family. In contrast, her husband does not worry about such matters. Rather, he tends to be very easy-going and confident that everything will fall into place.

Mr. B. attempts to reassure his wife. She continues to be concerned all the same but now tends to conceal her anxiety from Mr. B. Thus, Mrs. B.'s relationship with her husband does not appear to allay her anxieties about the future, even though as a couple they are secure financially and emotionally in most respects.

(8) Emotionality Mrs. B. recognizes the need within herself to give and to receive affection but frequently she experiences difficulty in responding in this way. As her parents were not demonstrative people, Mrs. B. never had had the opportunity to learn or to feel comfortable with affectionate behavior. Her initial attraction to her husband stemmed partially from the ease with which *he* was able to demonstrate affection. Through him, Mrs. B. has learned to communicate openly on the feeling level about many aspects of her life which she had never before discussed. Although she is still uncomfortable and reluctant to disclose her thoughts and feelings about some things (dreams and fantasies in particular), she finds that she is improving in this area and can at least discuss her discomfort with Mr. B. Consequently, she is very grateful to him for his assistance in dealing with affection and in facilitating her growth.

(9) Vicariousness This need is very much gratified through her marriage, Mrs. B. feels. She believes that her husband is generally very satisfied with their life together, and that the dissatisfactions or irritations which do exist are minor points overall. She enjoys doing things for her husband and equally enjoys receiving his appreciation.

(10) Affiliation Both Mr. and Mrs. B. are socially outgoing and enjoy the company of others. They prefer to be active in

the community and frequently become involved as a couple in neighborhood concerns. As a result, Mrs. B. agrees that personal and social contact is certainly not lacking in her own life.

Overview: It would appear that Mr. and Mrs. B. receive at least partial and sometimes complete fulfillment of most of their individual needs through their relationship together. While many of Mr. B.'s needs seem to be work-related, he finds that he also receives gratification from his wife as well. His needs for achievement, recognition, status aspiration, abasement, and dominance, all fall into this category. He feels that his needs for autonomy, vicariousness, and hostility are completely met through his marriage, while the need for emotionality is almost completely satisfied as well. The only need which does not seem to apply to his marriage at all is Mr. B.'s anxiety need. The fulfillment of this need is directed toward his career life almost exclusively.

Mrs. B. feels that she receives complete fulfillment of her needs for autonomy, deference, dominance, emotionality, vicariousness, nurturance, and affiliation through her marriage. While some of these needs (e.g. dominance and nurturance) apply outside the marriage as well, she does receive support from her husband in fulfilling them. Her achievement need is partially gratified through marriage, and this continues to improve. Not fulfilled are Mrs. B.'s needs for abasement and anxiety.

Daydreaming and Marital Needs

Mr. B.: That many of Mr. B.'s needs are related to his employment situation is clearly reflected in his daydreaming pattern. Most of his fantasies involving feats of heroism and achievement are work-related rather than family related. The fact that these dreams tend to be grandiose and with world-wide implications suggests that these needs may be particularly compelling to him. Mr. B.'s hostile daydreams are also work-related on the whole. All of these fantasies - with heroic, achievement, and hostile themes - may be interpreted as serving to reflect Mr. B.'s concern and anxiety about his professional standing and his lack of satisfaction with respect to his career. Also reflected by these daydreams are Mr. B.'s needs for autonomy and dominance. The very nature of Mr. B.'s daydreaming - i.e. his attempts to prolong pleasant fantasies and to curtail unpleasant ones - is indicative of his need to control his own life and the lives of others. The fact that he becomes very emotionally involved and receives great satisfaction from his daydreams would suggest that his fantasizing does in fact provide him with a means by which to release his tensions and anxieties.

Mr. B.'s sexual daydreams, appear to reflect his need for emtionality, which is not completely gratified through his marriage. The area of sexuality was mentioned by both Mr. B. and Mrs. B. as one of the trouble-spots within their marriage. Mr. B.'s vivid sexual daydreams would seem to be a reaction to his wife's lack of demonstrativeness in general. Through these fantasies, Mr. B. is able to picture himself as a very desirable man, capable of arousing great emotion in women.

While Mr. B. reports that he does not worry about the future, his futuristic daydreams would indicate that this is a concern. However, these daydreams appear to be related to career rather than family and would seem to be reflective of his status aspiration and recognition needs. He tends to picture himself, for example, in a position of authority, respected by all. Through these daydreams as well, he imagines solving his problems and overcoming the road-blocks to success. These fantasies do not generally provide him with solutions, but they do provide him with a release of tension and a great deal of satisfaction therefrom.

It can be said, then, that Mr. B.'s daydreams appear to reflect his career concerns almost exclusively. While some marital concerns are indicated as well, these tend to be infrequent and confined to the sexual realm. Fantasizing, to Mr. B., appears to be a mechanism by which he attempts to gratify his needs for dominance, autonomy, recognition, and hostility which he finds difficult to fulfill in reality. Through daydreaming and through controlling his daydreams he is able to release tension and to dispel his anxieties.

Mrs. B.: Most of Mrs. B.'s daydreams concern the future and what it holds in store for her and for her family. These daydreams are very realistic and tend to be centered around potential problem areas. Occasionally these fantasies are unpleasant, which upsets Mrs. B. considerably. These daydreams seem to be indicating in Mrs. B. a general tendency to be anxious and fearful. As previously indicated, she does tend to worry excessively about the future, but has ceased to reveal her fears to her husband - partially because he rebuffs her and partially because she finds it difficult to express her feelings generally. Daydreaming about these fears, then, may serve as an outlet for the anxieties which she is unable to dispel outwardly. The fact that she rarely finds solutions through her daydreaming may serve to regenerate this anxiety. Her dreams about present-day problems would seem to serve the same purpose.

Mrs. B.'s sexual daydreams point to an area of discord within her marriage. She is consciously aware of her husband's dissatisfaction with their sexual relationship and with her own inability to respond to his advances. Through fantasizing about herself as a sexually responsive person, she may be seeking to gratify her needs for emotionality and for vicariousness, for in these fantasies she is able to please her husband and herself as well.

Mrs. B.'s need for achievement is also reflected in her daydreaming. Although achievement fantasies occur relatively infrequently, they do surface from time to time. Their occurrence may be related to her marital relationship in much the same manner as her sexual fantasies, in that through fantasy, Mrs. B. attempts to gratify a need for achievement which is not completely met through her marriage. The relative infrequency of these achievement daydreams may also be indicative of her husband's increasing acceptance of this need and of the encouragement of its overt expression.

Generally then, Mrs. B.'s daydreams point to problem areas within her marriage. As well, they serve as means by which to deal with feelings and emotions which are difficult for her to express in a more overt manner. Although Mrs. B. attempts to use her daydreaming as a mechanism for problem-solving, she has not been successful in this regard.

COUPLE C

Background Information

Mr. and Mrs. C. have been married for thirteen years and have three children, ages twelve, ten, and four. Mrs. C. is in her mid-thirties while her husband is in his early forties. Mr. C. is a journalist and his wife is a homemaker and part-time nurse. Together their annual income is approximately $15,000 - $25,000. Mr. C. has a grade eleven education. His wife completed highschool as well as registered nurse's training. Both identify themselves as being Protestants.

Daydreaming Styles

Mr. C.: Mr. C. is an infrequent daydreamer, describing himself as one who rarely daydreams at all. The fantasies he does have tend to occur when he has time on his hands or when he is bored by his immediate surroundings.

Mr. C.'s daydreams have no emotional impact upon him whatsoever. In fact, he does not appear even to reflect upon those he does have. At the same time, however, Mr. C. would seem to be very accepting of the daydreaming experience in general. Although he does not believe that fantasizing solves any problems, he does regard it as a normal kind of behavior which can prove to be interesting and worthwhile. As a result, he feels comfortable with his own daydreaming. He finds that his own fantasies are mostly of a pleasant nature. On the very rare occasions that he experiences an unpleasant one, he does tend to experience uneasiness or even fright.

The most frequent type of daydream experienced by Mr. C. concerns the future. This dream involves projecting himself into the future and imaging himself in years to come. It also tends to include images of the world as it will be or how Mr. C. wishes it will be.

Also predominant are fantasies about the present. These fantasies usually relate to events which are actually occurring in Mr. C.'s life. Less predominant than these are daydreams about the past, in which Mr. C. recalls scenes and moments from his early childhood. These dreams tend to be quite vivid as Mr. C. is able to remember these early times with great detail.

Sexual daydreams are also acknowledged by Mr. C. These usually occur on the way to work or while travelling by train or by bus, but may also occur in the middle of the day or just before retiring for the evening. Still, these sexual daydreams are never vivid, and Mr. C. reports that they do not arouse him in any way.

Mr. C. does not appear to experience many kinds of daydreams. Included in the fantasy categories which he insists he never experiences are bizarre daydreams, achievement daydreams, hostile daydreams, heroic daydreams, or daydreams in which he experiences fear of future or guilt.

Mrs. C.: Mrs. C. describes herself as one who daydreams moderately or a few times each day, spending approximately 10% of her waking hours engrossed in fantasy. Although she usually takes time each day to recall or think about the fantasies she has had, she is unable to clarify when they are most likely to occur. They would appear to be scattered throughout the day, with no particular activity or event acting as precipitator.

Mrs. C. tends to become quite engrossed in her daydreams. She sometimes feels a strong sense of excitement during a daydream, and often, she will attempt to prolong a pleasant one. She tends to brood over things that have happened during the day and reports that many of her daydreams are of a recurring nature.

Mrs. C. is very accepting of her daydreaming, finding it to be a stimulating and worthwhile personal experience. She feels no guilt over the time spent indulging in her fantasy world, nor does she believe that daydreaming indicates a weakness of character. Rather, she feels that daydreaming is a phenomenon common to people of all ages which can be utilized in productive ways to affect personal growth. Consequently, her own daydreams are very positive and pleasant experiences for her. Although she does have daydreams which she would classify as unpleasant, Mrs. C. is not frightened or upset by these, and their effect is not lingering. Pleasant daydreams, however, which are much more predominant, often arouse excitement or a warm, happy glowing feeling.

Most of Mrs. C.'s daydreams are attempts at solving her day-to-day problems. She often imagines solutions to these problems and works them through in her fantasies before trying them out in reality. Many times, these imagined solutions prove very practical and successful for her; she finds that her daydreaming often guides her approach to and eventual solution of problems with which she is faced.

Mrs. C. also frequently fantasizes about the future. This type of daydream includes such things as imagining what the world of the future will be like, planning what she will be doing years from now, and picturing herself as she will be in times to come. While most of her futuristic daydreams tend to be concerned with these distant future issues, she also experiences daydreams in which the immediate future is paramount. For example, she often imagines a scene or event before going somewhere or doing something, or she may work through an encounter in her mind before actually experiencing that encounter.

Present-oriented daydreams are almost as common to Mrs. C. as futuristic daydreams. In this type of daydream, daily concerns are imagined usually in clear and complete detail. If she is faced with a difficult problem, for example, Mrs. C. finds that her daydreams tend to concentrate on that problem until a solution is reached.

Daydreams about the past are also reported by Mrs. C., although these are less frequent than those concerning present and future. In these daydreams, scenes from early childhood and people and places familiar in earlier years are imagined by Mrs. C.

Sexual daydreams, although not too frequent, are also experienced by Mrs. C. In these daydreams, she imagines herself as being physically attractive to men and as experiencing intercourse. These fantasies do not appear to be particularly vivid, however, nor do they seem to arouse her emotionally or physically.

Achievement daydreams occur slightly less frequently than those of a sexual nature. Included in this category are daydreams in which Mrs. C. becomes a respected figure in her field of work, receives recognition from her colleagues and is promoted to a better position. Accomplishments and recognition rather than material gain would appear to be uppermost in these fantasies.

Mrs. C. very rarely experiences hostile daydreams or fantasies in which she fears failing. When she does have daydreams of these types, they tend to center around her employment situation. She may daydream for example, that she fears being unable to meet the demands of her job or that she may develop resentment toward a superior who has reprimanded her unjustly. Never experienced by Mrs. C. are bizarre daydreams, heroic daydreams, or daydreams in which she feels guilt.

Overview: The individual daydreaming styles of Mr. and Mrs. C. are in some ways similar and in other ways dissimilar or contrasting. The frequency with which daydreams occur, for example, appears to vary greatly between husband and wife. Mrs. C. fantasizes moderately, or a few times daily, while Mr. C. fantasizes very rarely. Similarly, Mrs. C. contemplates about her fantasies daily, while Mr. C. does not appear to contemplate about his at all. Both feel that daydreaming is a normal kind of adult behavior and both feel comfortable about their own fantasizing. Mr. C., however, appears to feel that it is not particularly purposeful, while Mrs. C. regards it as having great utility in her own life. Mr. C., as Mrs. C., finds daydreaming to be a pleasant experience on the whole, but he is not involved emotionally, while she is very much involved. Indeed, Mrs. C.'s fantasies are generally very vivid and engrossing. Mr. C., on the other hand is rarely affected emotionally by his fantasies, although unpleasant ones on occasion may produce uneasiness or fright. In contrast, Mrs. C. finds that she is affected more by her pleasant fantasies than by her unpleasant ones. She also attempts to control her daydreams by prolonging pleasant ones, minimizing the effect of unpleasant ones, and utilizing the experience as a problem-solving mechanism. Mr. C., on the other hand, tends to regard his own daydreams merely as an inevitable diversion from his everyday affairs, and as such, he accepts their occurrence with little or no thought of controlling or altering their substance.

Mrs. C. exhibits a wider range of thematic content in daydreaming then does her husband. However, the frequency of occurrence of each daydream type, as indicated by the subscale scores for husband and wife on the I.P.I., shows a parallel trend. For example, Mr. C. tends to fantasize mostly about the future, followed by daydreams about the present, the past, and about sex - in that order. Mrs. C. daydreams mostly about solving her problems, followed by fantasies concerned with the future, the present, the past, sexual concerns and achievement. Thus, given the differences in the frequency of occurrence and in the emotional involvement invested in fantasy, both husband and wife appear to be concerned about the same sorts of things when they do daydream.

Needs, Marital Interaction, and Marital Satisfaction

Mr. C.

(1) Affiliation Mr. C. finds that his need to be with others and to enjoy their presence is very much satisfied through his marriage. He and his wife are very close, each regarding the other as his best friend. In addition, they engage in many outside activities together and enjoy socializing as well. They have many mutual friends.

(2) Autonomy The need for independence is also well met through his marriage, Mr. C. feels. While they experience a great deal of togetherness within their relationship, Mr. and Mrs. C. also engage in autonomous activities on which they receive support from their spouse. For example, Mr. C. often assumes responsibility for managing the household while his wife is away. Each is supportive of

the other's need for personal growth and each recognizes that growth involves separateness as well as sharing.

(3) Deference Mr. C. indicates that he receives complete gratification of his deference need through his marriage. He reveals that he has great admiration and respect for his wife and gains much satisfaction from communicating this to her. He often tells her that she is loved and she receives his praise well.

(4) Dominance Mr. C. does not regard himself as a particularly domineering person (although his wife sees him as such). He views his marriage as a partnership where decisions and tasks are equally shared. At the same time, he feels that his wife would prefer that he handle some things on his own. For example, he believes that she regards earning the family income, deciding where to live, making repairs, and buying a car as the husband's domain. Consequently, he may tend to be domineering in these areas. He also admits to a great need to be listened to and because of this he often dominates conversations. His wife is a good listener and is able to satisfy this need.

(5) Nurturance Mr. C. describes himself as a sympathetic person but does not feel that his need for nurturance is gratified through his marriage to any extent. He does not generally look upon his wife as requiring or seeking aid or sympathy and thus does not relate to her in this way.

(6) Emotionality Mr. C. describes himself and his wife as very affectionate, demonstrative people, who openly communicate their feelings of love and caring for each other. Physical closeness is also important to Mr. C. who admits to having a strong sexual drive.

He also experiences a desire to communicate with his wife about the feelings and emotions surrounding their sexual encounters. All of these aspects of emotionality are fulfilled, Mr. C. feels.

(7) Vicariousness One of the most satisfactory aspects of Mr. C.'s married life is the realization that his wife is content with their relationship. Mr. C. believes that he corresponds quite closely to Mrs. C.'s perception of the ideal mate. Further, he believes that as a family, they are wanting for nothing. In general, he describes his wife as very happily married, and through her happiness he finds happiness as well.

Mrs. C.

(1) Affiliation The sharing and the enjoyment of one another's company is in Mrs. C.'s estimation one of the high points in their marriage. She relishes the mutual understanding and contentment that their companionship provides. She describes her husband as her best friend. At the same time, she also feels a need to develop interests and relationships outside of her marriage. She finds that she receives a great deal of support from Mr. C. in this regard in that he encourages the formation of other bonds.

(2) Deference Mrs. C. feels that there is ample opportunity within her marriage to express praise and admiration. As her husband conforms almost perfectly to her own conception of the ideal mate, she often finds herself expressing this admiration. She sometimes wishes she expressed it even more.

(3) Dominance Mrs. C. agrees that she does wish to exert influence in her family. Her dominance tends to relate to her childern rather than to her husband however. Generally, decisions are

equally shared and mutually agreed upon by husband and wife, although Mrs. C. admits that she does have a great deal of influence over what actually takes place. Mr. C. she finds, is very accepting of her influence.

(4) Nurturance Mrs. C. feels that this need is gratified largely through her career as a nurse. Sometimes she may feel sympathetic toward her husband as well but generally she relates the need to nurture or the need to be needed with events and occurrences outside her marriage.

(5) Recognition Mrs. C. seeks gratification of this need both inside and outside her marriage. She finds that her husband provides her with a great deal of admiration and with a sense of personal worth. His expression of these feelings is open and frequent. As Mrs. C. seeks to succeed in all of her endeavors, her husband's recognition of her as a competent and worthy person is very important to her.

(6) Emotionality Mrs. C. finds it very easy to give and to receive affection. She feels that she has grown considerably in this respect since she was first married. Through her husband, she has come to feel comfortable and to desire expression of affection.

(7) Vicariousness Mr. C.'s happiness is uppermost in his wife's list of priorities. Her perception of their marriage as a happy one and of herself as Mr. C.'s ideal mate facilitates her own satisfaction. Indeed, she describes herself as very content - almost blissful - in the knowledge that her marriage is a happy one.

Overview: Mr. and Mrs. C. both perceive that all of their needs, with the exception of nurturance, are fully met through their marriage. Mr. C.'s needs for affiliation, autonomy, deference, dominance, emotionality, and vicariousness are all satisfactorily gratified by his wife, while her needs for affiliation, deference, dominance, recognition, emotionality, and vicariousness are similarly met by him. Both partners do not associate their needs for nurturance with their marital relationship at all. Rather, they tend to seek fulfillment of this need through careers or other outside associations.

Daydreaming and Marital Needs

Mr. C.: As Mr. C. daydreams very infrequently, it is difficult to assess the relevance of his fantasies or to determine their relationship to his satisfaction with marriage. Added to this difficulty is the fact that, as Mr. C. does not reflect upon his daydreams, he may not be accurate and/or perceptive in the reporting of their occurrence[1]. The tendency for his daydreams to occur when he is bored, added to the fact that he is very unemotional about their occurrence would seem to suggest that Mr. C.'s fantasies serve merely as a way of passing time. His daydreams tend to be very unimaginative and on the whole, very realistic. As a result, they may not provide him with a pleasureable diversion from reality and perhaps because of this, they assume a relatively unimportant place in his life.

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[1] It should be noted here that Mr. C.'s report of his daydreaming style may not, in the researcher's opinion, be fully accurate. Mr. C. appeared to be very uneasy - almost hesitant - in completing the I.P.I., and made two or three remarks about the questionnaire being "tricky" and "sneaky". He was reassured by the interviewer at this time; however, it is not possible to assume with certainty that this reassurance was felt by Mr. C.

Given these limitations, it is possible to assess the relevance of some of Mr. C.'s daydreams. His sexual daydreams, for example, would appear to reflect his need for emotionality and his strong need for physical pleasure. Although the evidence is not conclusive, his fantasies about the present and future may be efforts to assert himself or to dominate and control. This type of fantasy usually involves Mr. C. imagining what he would like to happen and his own role in facilitating his desires. As he does not view himself as a domineering person nor relate dominance to his marital sphere, he appears to lack perception of this need in reality. The existence of these present and future daydreams in which he controls serve as evidence that this need does in fact exist.

Mrs. C.: For the most part, Mrs. C.'s daydreaming behavior appears to serve as a controlled device for problem-solving. As she finds that her daydreams do provide her with useful information and often influence her response to other situations, she has learned to focus her attention on her fantasies and to control their occurrence. In this way, she is able to imagine solutions to a pressing problem, for example, to discover a solution, and to try out the imagined solution in reality. Her present and future-oriented daydreams are exclusively of a problem-solving nature. Daydreams about the past are utilized in this way as well; through imagining sequences of past events, Mrs. C. is able to alter the chain of events or give various different endings to situations that have actually happened. From this, she is able to learn new ways of responding to similar situations in the future.

In general, Mrs. C.'s daydreams reflect her daily concerns, both within a marital context and with respect to her life outside of her marriage. As she is so successful in the utilization of her fantasies for problem-solving and personal growth, one would expect that this might be a contributing factor to the success of her marriage. Her sexual daydreams may indicate that this particular aspect of her life is an area within her marriage which concerns her. (From previous discussion it was determined that she perceives that Mr. C. would prefer more frequent sexual encounters than herself). However, all of her needs are basically so well met within her marriage that she does not appear to dwell upon any of them through daydreaming. Her fantasies about achievement, hostility, and fear of failure relate mainly to her career and may be responses to her nurturance and recognition needs. The presence of these types of daydreams reinforce Mrs. C.'s contention that she is not as comfortable in her career role as in her marital role.

COUPLE D

Background Information

Mr. and Mrs. D. are both in their mid-thirties and have been married for eighteen years. They have five children, ages seventeen, fifteen, thirteen, twelve, and eleven. Mrs. D. is a homemaker and her husband is a self-employed businessman. Both have a grade eleven education. Their annual income is over $25,000. Neither Mr. or Mrs. D. belongs to any religious denomination.

Daydreaming Styles

Mr. D.: Mr. D. is an infrequent daydreamer, only rarely indulging in fantasy. While he acknowledges the occurrence of daydreams from time to time, he experiences a great deal of embarassment and guilt over the fact that they occur at all. He regards daydreaming as a childish activity which interferes with more important daily concerns. When a daydream does persist, Mr. D. becomes very angry at himself for allowing it to do so. He sometimes catches himself reviewing and reflecting upon his fantasies, but as a rule, he does not allow this to persist.

The largest category of daydreams experienced by Mr. D. are those which are future-oriented. Imaging what he will be doing, what the world of the future will be like, planning for future events, and daydreaming of what is about to happen are examples of this type of fantasy.

Almost as common as future-oriented daydreams are achievement, heroic, fear of failure, and bizarre themes. All of these types of fantasies tend to be grandiose and rather far-fetched in nature.

Typically, they involve Mr. D. as the hero who saves the world from eminent destruction and wins admiration and respect from all. Many of these types of fantasies revolve around employment issues, but often they include family as well. Most of Mr. D.'s dreams in which he fears failing involve family concerns. He daydreams, for example, that he fails to live up to his family's expectations or that he acts irresponsibly toward those he loves. He dreams that his children do not become successful because of his own failure.

Also quite predominant are hostile daydreams. The hostility expressed in these fantasies tends to be directed at friends and family as well as at enemies. Guilt daydreams are also common in which Mr. D. feels tortured or imagines that others discover his wrongdoings.

Mr. D. reports that he never fantasizes about the past or present, nor does he experience those of a problem-solving nature. Sexual daydreams are also absent.

Mrs. D.: Mrs. D. describes herself as an habitual daydreamer, estimating that at least half of her waking moments are spent in fantasy. She tends to become very involved emotionally in her daydreams to the extent that she is often oblivious of her surroundings. Her fantasies are always pleasant, and Mrs. D. finds that she gains great satisfaction from them. Their effect is usually lingering in that a particularly pleasant daydream may subsequently affect Mrs. D.'s mood for a long period of time. Mrs. D. finds as well that she often relives her daydreams and attempts to prolong their presence.

Several categories of daydreaming occur with almost equal frequency in Mrs. D.'s life. Among these are daydreams involving the future, heroism, hostility, achievement, and sex. Futuristic daydreams often include an element of heroism and achievement in that Mrs. D. imagines herself in years to come as being well-respected and loved by all. She imagines occupying a position of high regard and all those around her seek to emulate her achievements. Family members in particular are seen by Mrs. D. as being especially grateful for her presence and her wisdom.

Hostile daydreams in which Mrs. D. acts out her own hostility are also very common. Her family - and particularly her husband - is usually on the receiving end of her anger. Mrs. D. finds that these fantasies are very rewarding for her in that she is able to release tension and alleviate frustration. Her hostile fantasies tend to recur slightly more often than the other categories of daydreams.

Sexual fantasies are also very predominant. Typically, Mrs. D. envisions herself as a desirable woman, sought by many men. Rather than sexual encounters, however, Mrs. D.'s daydreams tend to emphasize being loved. She often imagines that men proclaim their affection and undying commitment to her. Men in these daydreams tend to be very gentlemanly - almost chivalric. Knights in shining armor are very common characters in these fantasies.

While Mrs. D.'s daydreams are generally very imaginative, they are seldom bizarre. Events depicted in her daydreams are somewhat unlikely to occur in reality, but it is conceivable that many of them could actually happen. She reports that she never experiences guilt in her daydreaming, nor does she experience fear or fright.

Overview: Mr. and Mrs. D.'s daydreaming styles show marked differences with respect to frequency, content and affect. While Mrs. D. daydreams habitually and becomes emotionally involved in her fantasies, her husband rarely dreams at all, nor does he become emotionally involved when he does. Mrs. D.'s fantasies are pleasant without exception, while Mr. D.'s are about equally divided between pleasant and unpleasant. Both attempt to control their daydreams; however, Mrs. D. attempts to prolong hers while her husband attempts to curtail his own completely. He regards daydreaming as childish and time-wasting while she views it as both stimulating and rewarding. Mr. D. frequently experiences guilt over the time spent in fantasizing - even though this time is very limited. On the contrary, Mrs. D. finds that her own daydreams provide her with excitement and pleasure. She experiences no guilt at all.

Mr. D.'s daydreams, on the whole, involve himself as the principal actor, with others assuming secondary or subservient positions. Mrs. D., in contrast, fantasizes about many people. While she is usually pictured in her fantasies, often the others involved play important roles as well.

Both Mr. and Mrs. D. experience a wide range of content in their daydreaming and both tend to have daydreams which contain similar themes. Futuristic, achievement, hostile, and heroic themes are common to both. However, Mr. D.'s fantasies tend to be more bizarre than his wife's.

Needs, Marital Interaction, and Marital Satisfaction

Mr. D.

(1) Achievement Mr. D. experiences a strong desire to

succeed in life. He feels the need to "leave his mark in the world". His business, which he has built up himself, is very important to him, and he feels that if he can continue to make it grow and prosper, he will have accomplished what he considers to be the most important objective in his life. To this end, he works diligently - often eighteen hours a day. He does not receive much support from his wife in this regard, he feels. She is unable to accept his long hours and the time spent away from home. In fact, Mr. D. looks upon his marriage as a major detriment to his business. He indicates that when he left his family - on three separate occasions - his business seemed to prosper. However, each time he returned home, business declined.

(2) Dominance A traditionalist in terms of marital roles, Mr. D. believes that it is man's place to rule the family. Therefore, he has raised his wife and children to accept his dominance. He reports that while he takes other family members' views into consideration, he himself has the final and deciding vote in all matters. He does not let arguments from his family go unpunished. In general, he feels very proud that his family responds to his authority very well. They all know who is boss and rarely question or disobey.

(3) Status Aspiration Mr. D. concentrates his efforts heavily on the future. In establishing and building up his own business, he seeks to better himself and the position of his family. He regards his current position as a stepping stone to a brighter and more lucrative future. His wife frequently complains about this, Mr. D. reports. She tends to be content with their material possessions for example and often objects openly to her husband's aspirations. Consequently, Mr. D. finds himself becoming very frustrated with her.

He usually responds to these objections by retreating altogether. In fact, he cites Mrs. D.'s opposition to his aspirations as one of the primary reasons for their separations.

(4) Status Striving This need of Mr. D.'s is related very closely to his need for achievement. He dedicates himself to his business, often to the detriment of his relationship with his wife and family. Even so, he justifies this by pointing out that because of his business, his family is well provided for. He assumes that the objections of his family are not as serious as they would have him believe, as they reap the benefits financially, about which they never complain.

(5) Anxiety Mr. D. concedes that he does tend to worry frequently about his own capabilities as a provider. He senses his family's dissatisfaction and although he does not admit it, he sometimes agonizes over this. In this sense, then, his family does provide him with a means by which to gratify his anxiety. However, Mr. D. feels that the majority of his fears relate to his business and its day-to-day operation.

(6) Vicariousness Mr. D. agrees that he enjoys seeing that other people are happy - particularly if he is responsible for their happiness. His own family has never been happy, although Mr. D. professes to do his best to facilitate this. He cannot understand their dissatisfaction and often experiences anger over their lack of gratitude for all that he has done.

Mrs. D.

(1) Affiliation Mrs. D. agrees that she has a very definite need to be with others and to enjoy interacting with them. Her

own family is especially important in this regard. In fact, Mrs. D. spends most of her time with family and close relatives. She does not have many friends outside the home and prefers to keep to herself around the neighborhood. She finds, however, that her family does not provide her with much satisfaction. Her children are constantly in trouble in one way or another and fight among themselves most of the time. Mrs. D. does enjoy being with her grandchildren. However, as they are only infants, she cannot communicate with them or feel particularly close to them as she could were they older. As Mr. D. spends most of his time away from home and is preoccupied with business when he is at home, Mrs. D. finds that she feels very lonesome in his presence.

(2) Deference The need to admire and praise others is one which Mrs. D. does not acknowledge. She finds that she is unable to admire her husband, although she would like to be able to do so. As her children all seem to be having difficulties with the law, she is unable to praise many of their activities. On the whole, she finds very little to admire when it comes to her family. Occasionally she will praise one of her sons for helping around the house, for example, but this praise is not welcomed, and in fact, often tends to embarass rather than to help.

(3) Nurturance Mrs. D. finds that her marriage affords her many opportunities to give aid and sympathy. She sees this mainly as a mother's duty and so she tends to concentrate her efforts in this area. Looking after her grandchildren is one of the most satisfying aspects of her life, as she loves to care for infants. Her children as well need constant support as they often come into conflict with

law enforcement officials, teachers, and others in authority. Mrs. D. feels that it is her role to protect and defend her children as much as possible, and she finds ample opportunity to do this each and every day.

(4) Hostility Mrs. D. is generally uncomfortable with the thought that she may possess a need to injure others. She indicates that she has never really considered herself in this way. However, she does concede that there is a great deal of arguing and fighting at home. These fights become violent very often - with hair-pulling, kicking, scratching, and biting occurring regularly. The children are mainly the only ones involved, although Mr. D. often intercedes with physical punishment of his own. With respect to her own part, Mrs. D. tends to stay out of these altercations and attempts to ignore them completely. She finds this almost impossible to do. She did used to fight openly with her husband for the first few years of her marriage. However, she ceased doing this as she felt such behavior set a bad example for the children.

(5) Succorance Mrs. D. does feel a need to be pampered and helped by others. She has always sought a great deal of attention, perhaps, she feels, because she received little from her own parents. She had hoped that marriage would provide her with this kind of security. It has not, however. While her husband is a good provider financially, he does not recognize Mrs. D.'s emotional needs.

(6) Emotionality Mrs. D. sees herself as a very affectionate person. Her family rebuffs her affection, however, and she finds that she rarely feels comfortable in expressing her love and attachment to them directly. She is able to do this with her grandchildren,

however, and does receive much pleasure from kissing and hugging them. Her sexual relationship with her husband has always been a disappointment to her as well. While she wishes for a lingering encounter with verbal as well as physical expression of affection, her husband is interested only in his own physical release and offers no verbal affection or caressing whatsoever.

(7) Anxiety Mrs. D. feels that her family provides her with many problems and ample opportunity to express her anxieties. As her children are usually in trouble at school and with the law, she finds that she constantly worries about them. She worries about her husband's long hours at work and about his over-extending himself. She would often like to take a vacation or to leave the family altogether, but she worries about their well-being, which stops her from actually doing so. It would appear that Mrs. D. is in a constant state of anxiety.

(8) Vicariousness Mrs. D. would like nothing more than to make sure that those she loves are happy. She does not see them as being happy, however, and this makes her very sad in return.

Overview: Neither Mr. or Mrs. D. appear to find fulfillment of many of their needs through their relationship together. Mr. D. sees his marriage as blocking gratification of his needs for achievement, status aspiration, status striving, and vicariousness. Similarly, Mrs. D. finds that her needs for affiliation, deference, succorance, emotionality, and vicariousness are all thwarted. She does not consciously recognize a need for hostility. However, it would appear that her marriage and family life does not afford her the opportunity to gratify this need either. Mr. D. acknowledges that his needs for dominance, and partically for anxiety, are met through marriage. Mrs. D.'s nurturance and anxiety needs are also quite well met.

Daydreaming and Marital Needs

Mr. D.: Mr. D.'s daydreams would seem to be reflective of very strong personal needs. He seeks fulfillment of these needs through his work rather than through his relationship with his family. His family, in fact, appears to be relatively unimportant to him, except that it does allow him to exert authority and to dominate - a need which is very important to Mr. D. It may be that Mr. D.'s need to dominate over-rides his other needs. This would explain the fact that he continues to remain with his family - a family which seems to interfere with rather than gratify the rest of his needs. On the other hand, Mr. D.'s marriage may be more important to him than he realizes or cares to admit. The presence of daydreams in which he is a failure to his family would seem to indicate that he is concerned about their feelings and that he does feel responsible for their welfare. His anxiety daydreams also attest to the existence of a bond with his family.

If Mr. D. is concerned with maintaining his family unit (as his need for vicariousness would also suggest) his daydreams - particularly his fear of failure and anxiety daydreams - may be sub-conscious efforts to reveal this to himself. If this is so, his other daydreams - namely, his futuristic, heroic, and achievement fantasies - could be interpreted as efforts on Mr. D.'s part to gratify his vicarious tendencies. This would seem probable because Mr. D.'s perception of the husband-father role as one of authoritarian-provider would tend to direct his needs in this direction. However, as Mr. D. regards daydreaming as childish and time-wasting, he does not allow himself to indulge in it very often or to reflect upon his fantasies, and consequently, any insights which may have otherwise been gained are lost to him.

Mr. D.'s hostile daydreams are more transparent than some of the others. These would seem to be indicative of his need for dominance over his family and of the frustration he feels because of his family's unhappiness.

Mrs. D.: Mrs. D.'s daydreams concentrate exclusively on the problem areas within her marriage and depict very clearly her unmet marital needs. Her succorance need, for example, is evident in all of her fantasies. Heroic daydreams in which her family cares for her after she has risked her life for them are very common - as are dreams in which achievements and love win sympathy and admiration from her husband. Her sexual daydreams are no doubt indications of her unmet needs for affiliation and emotionality. They may serve to reflect her deference need as well, for the men in these fantasies are always held in high regard by Mrs. D.

Mrs. D.'s hostile daydreams likely serve as a means by which to cope with angry feelings which are suppressed at home. Outwardly, Mrs. D. appears very stoic and emotionless. However, it is very probable that she has learned to cultivate this expression as a reaction to her husband's negative reinforcement. This, coupled with the fact that Mrs. D. makes a conscious effort to avoid overt hostility at home, has resulted in a build-up of suppressed anger. Through daydreaming, Mrs. D. is able to release this anger. The fact that she gains tremendous satisfaction from these daydreams and that she is able to control her anger overtly would suggest that her hostile fantasies are drive-reducing.

As previously indicated, Mrs. D. spends much of her time in active daydreaming. She tends to become very engrossed in her fantasies, which are always pleasant and rewarding to her. She attempts successfully to control them by re-living and elongating particularly pleasant ones. All of these considerations, plus the fact that Mrs. D. becomes anxious and upset when a daydream is interrupted, would seem to indicate that fantasizing for Mrs. D. serves as a compensating device - as a means of tolerating a very unhappy marriage. It provides her with a means of escaping the realities of her life into a more satisfying and peaceful existence.

COUPLE E

Background Information

Mr. and Mrs. E. have been married for four years and have one son, age three. Mrs. E. is in her late twenties while her husband is in his early thirties. Both have a highschool education. Mr. E. is currently attending university in a general arts program while working full-time in the construction business at the same time. Mrs. E. is a homemaker and mother and does not work outside the home. The E.'s approxiamte income is $15,000 - $25,000 per annum. Neither Mr. or Mrs. E. expresses any religious affiliation.

Daydreaming Styles

Mr. E.: Mr. E. is a moderate daydreamer who estimates that 25% of his time is spent engaged in fantasy. His daydreams are usually unpleasant and so vivid and engrossing that he finds it difficult to extricate himself. Often, daydreams recur, much to Mr. E.'s dismay.

Mr. E. appears to be ambivalent about daydreaming. On the one hand, he believes that it is a normal activity for people of all ages in all walks of life. On the other hand, he tends to fear that his own daydreaming may indicate a weakness of character. He acknowledges that he has always had a rich fantasy life, even as a child.

By far the most frequent category of daydream experienced by Mr. E. is the sexual one. In these fantasies, he imagines that he is irresistable to women, arousing desire in all. These fantasies are vivid in every detail, and would appear to be pleasant on the whole. Sometimes, however, these sexual daydreams are combined with failure themes, so that while the beginning of these fantasies are pleasant, the plot soon deteriorates until a fatal ending is reached. Often, Mr. E. re-lives the unpleasant aspects in subsequent daydreams.

Hostility is also a very common theme. Typically, Mr. E. is pictured as lashing out at those he loves - injuring and even attempting to murder them. Most prevalent are fantasies in which he gets even for unfair reprimands and expresses bitterness toward his family

Following sexual, fear of failure, and hostile daydreams, guilt daydreams are the next most commonly occurring category. Cheating, lying, and punishment are all evident in these fantasies, with Mr. E. being fearful of retaliation for his wrong-doings.

Daydreams about the past and the future are also quite common to Mr. E. These involve wondering about the world of tomorrow, imagining himself in years to come, planning for upcoming events and reminiscing about earlier times. These are sometimes unpleasant experiences for Mr. E. as he tends to imagine doubting his own ability to cope with upcoming events and to regret past performances as well.

On the whole, Mr. E.'s fantasies tend to be bizarre and very unrealistic. He is very frequently frightened by them, even to the point of becoming physically ill. Never experienced by Mr. E. are achievement, heroic, or problem-solving daydreams or fantasies which involve the present.

Mrs. E.: Mrs. E. reports that she daydreams occasionally, or approximately 10% of the time. She invests no emotion in daydreaming as she finds that her fantasies are not striking in any way. In fact, she finds it difficult to relate to her daydreams at all. They are not particularly pleasant or unpleasant, she feels, but as she does not usually attend to them she is not certain. At any rate, she regards daydreaming as childish and therefore unimportant.

Sexual fantasies are acknowledged by Mrs. E. as her most frequently occurring type of daydream. These daydreams involve Mrs. E. as a desirable woman who chooses her sex partners from the most desirable and virile men. These fantasies also include scenes of intercourse.

Daydreams involving the present and the future occur almost as often as those of a sexual nature. Plans for herself and her family are envisioned and events which are about to happen are imagined. Current concerns are also depicted and plans for future action with respect to these concerns are rehearsed.

Hostile daydreams are also common to Mrs. E. Her hostility would seem to be directed at her family exclusively and tends to involve physical injury rather than verbal abuse. Mrs. E. does not report the existence of any other types of daydreams.

Overview: Mr. and Mrs. E. differ significantly in daydreaming style. Mr. E. dreams more frequently than his wife, is much more involved in the process, and is able to attend to his images more readily. Mrs. E.'s daydreams do not appear to be striking in any way. In contrast, Mr. E.'s daydreams are very vivid and very unpleasant. With respect to thematic content, both experience sexual daydreams most often. Both also report daydreams about the future and about hostility directed toward family members. Mr. E. would appear to have a much wider range of fantasies in terms of content than his wife, whose fantasy life would appear to be very unimaginative and limited in scope.

Needs, Marital Interaction, and Marital Satisfaction

Mr. E.

(1) Abasement Mr. E. agrees that he is accustomed to accepting criticism and blame, even when he consciously realizes that it is unjustified. He describes himself as a "chronic apologizer". While his apologetic nature would seem to be generalized to all people, he singles out his wife as one of the major recipients. Mr. E. finds himself constantly apologizing to her - for misdeeds, for mistaken assumptions, for guilty feelings, for promises he has failed to fulfill, and even for other people's actions. Mr. E. has often pondered over these blaming feelings of his, seeking to discover the motivating factors involved. He has come to the conclusion that, as far as his relationship with his wife is concerned, this self-blaming attitude serves as a pacifier. His wife is a very volatile woman, he explains, who is easily upset and often tends to initiate arguments. By assuming the responsibility for Mrs. E.'s irritation, Mr. E. feels that he is able to avoid conflict and soothe hurt feelings. He indicates that he will do anything to avoid "creating waves".

(2) Hostility Mr. E. is adamant in the description of himself as a non-violent person. He abhors physical violence of any sort and prides himself as a man who will go out of his way to avoid hurting anyone's feelings. He is a pacifist and strong supporter of the tenets of peaceful co-existence. With respect to his marriage, Mr. E. refused to acknowledge that he has ever felt a need to injure his wife and children. On the contrary, he seeks to maintain an atmosphere of peace and quiet. His wife does exhibit periods of violent behavior, however, and Mr. E. suggests that it is she rather than himself who possesses a hostility need.

(3) Nurturance Mr. E. feels that as husband and father,

it is his role to act as supporter and facilitator in maintaining a stable family atmosphere. He feels that he has been quite successful in this regard. For example, he is usually able to anticipate his wife's outbursts of temper and to help her to calm down. He feels that as Mrs. E.'s husband, it is his responsibility to understand her and to be of as much help and comfort to her as possible. He is able to sympathize with her and understand her behavior by concentrating on what he believes to be the underlying causes. He prides himself as being an "amateur psychologist" and enjoys the opportunity that his wife's behavior provides in developing his interpretive skills.

(4) Recognition Mr. E. is an ambitious man in the sense that he would like to be regarded as an important and significant person in his own right. His father brought him up to believe in the importance of the individual and Mr. E. has always sought to emulate his father because of the vast amount of knowledge he possessed - with respect to philosophy and religion especially. Mr. E. finds, however, that this need for recognition is often thwarted. His wife, he feels, usually disregards his feelings and either pays no attention to his presence or becomes abusive to him when he is at home. He often feels that he does not belong at home. Even his children are too busy to pay any attention to him. He admits that he feels insignificant as a husband and father because of his family's tendency to ignore him.

(5) Status Aspiration Mr. E. would like to be looked upon as an important member of his community. To this end he has joined several service organizations in an attempt to make himself known. He likes to associate with people of high standing in the community. His wife encourages him in these pursuits, but Mr. E. perceives that she

is never quite satisfied with his results. Many of their arguments center around Mrs. E.'s complaints that her husband does not travel in the best social circles or know enough prominent persons. Mr. E. becomes very irritated with himself when his wife expresses displeasure and makes a concerted effort to improve and to make new contacts. Still, his wife remains basically dissatisfied.

(6) Emotionality Mr. E. considers himself to be a very affectionate person. He feels that it is important to express one's love and caring for others. He makes a special effort to let his wife know that she is loved. His wife, however, is a cold person. She does not often respond favorably to his comments, Mr. E. feels. Physical affection is difficult for him, he admits. He was inexperienced sexually at the time he married and became disinterested in sex shortly afterward. He recognizes his wife's disappointment and tries to make it up to her in other ways. However, he knows that she is very dissatisfied and suspects that she has been seeking sexual fulfillment elsewhere for many years. Mr. E. indicates that he is not particularly bothered by this. He feels that he more than compensates for his sexual inadequancies through the extra effort he extends in other areas.

(7) Anxiety Mr. E. does not view himself as a particularly anxious person. He admits that he has "normal" concerns; however, he does not feel that these concerns are overbearing or hard to handle. With respect to his marital situation, Mr. E. does agree that he is occasionally upset by his wife's temper. He believes that Mrs. E. tends to say things which she does not really mean, and so he tries not to take them to heart.

Mrs. E.

(1) Dominance Mrs. E. agrees that she tends to be the dominant figure in her family. She argues that she assumes this position only out of necessity. She sees her husband as a passive, retiring man who does not take advantage of the opportunities which come his way. Consequently, she feels compelled to take the lead in pointing out to him the "error of his ways". If it were not for her, Mrs. E. suggests, her husband would have no status (either financial or social) whatsoever. Mrs. E. finds that her husband needs continual prodding. No matter how many times she reminds him of the things he should be doing, he is still in need of her direction and guidance.

(2) Hostility Mrs. E. resents her husband's refusal to assume responsibilities which she feels should be his. Because of her resentment, she tends to "nag". She feels no guilt over this tendency, viewing it as a normal response under the circumstances. In fact, Mrs. E. believes that her continual prodding and occasional outbursts of anger have been the only stabilizing factors in her marriage. In displaying her anger Mrs. E. perceives that she is helping rather than hurting her husband. The fact that he often thanks her for being frank would appear to reinforce this perception.

(3) Recognition One of Mrs. E.'s strongest desires is for recognition. To be respected member of society, to be well-known throughout the community, to be consulted on matters of social concern - these are all aspirations which Mrs. E. wishes to attain. Because of her husband's disinterest or lack of social prominence, she finds that her recognition need is not being gratified.

(4) Status Aspiration Mrs. E. expresses discontent with

her family's social status. She would like a bigger house for example - preferably in a better neighborhood. She has recently been pressing her husband to seek more lucrative employment. She is distressed that he does not seem to "fit in" with the "best" people. He does not take an active part in planning the frequent parties that they host. All-in-all, he does not conform to what a husband should be, Mrs. E. feels. Because of these factors, Mrs. E. finds that her marriage has not helped her to fulfill the social aspirations which are so important to her.

(5) Succorance   Mrs. E. feels very strongly that it is a husband's duty to provide for his family - both financially and emotionally. In contrast, a wife should be expected to remain in the home and care for her children. She also believes that women need to be pampered, for without this they cease to be feminine. As a particularly frail woman, Mrs. E. has required considerable hospital care over the years. Because of this she depends on her husband's assistance and understanding in running the household. She complains, however, that Mr. E. does not seem to be willing to help out at all. They have had great arguments over this and Mrs. E. finds that her husband usually just "walks away" without resolving the issue. Consequently, she feels that she cannot depend on his support or understanding in most aspects of their relationship.

(6) Emotionality   Mrs. E. describes her husband as a cold, unfeeling person. Their conversations together are very limited in scope and on the whole, very superficial. As Mrs. E. has difficulty in initiating serious communication and as Mr. E. tends to retreat when she does, they have become very uncommunicative over the years.

Mrs. E. cannot recall her husband ever expressing his love for her, nor can she cite any instances in which he has confided in her about his own feelings.

Sexual relations have been very strained between Mr. and Mrs. E. since the early part of their marriage. Mr. E. has been impotent for many years, his wife explains. She feels cheated sexually and complains that Mr. E. has never been a real husband to her in the physical sense. As far as Mrs. E. is concerned, her marriage has been a complete failure in providing both emotional and physical closeness.

Overview: Neither Mr. or Mrs. E. would appear to receive much satisfaction or need gratification from their marriage. Mrs. E. is particularly unhappy. She does not feel that her needs for recognition, status aspiration, succorance, or emotionality are being met at all through her marriage relationship. Although she does not consciously recognize a need for dominance and for hostility, Mrs. E. does admit to being dominant and feeling angry at times. She rationalizes that her husband's behavior necessitates that she respond in this way. Thus, her marriage does appear to offer her many opportunities to express these two needs. Mr. E. does not feel that his needs for nurturance, recognition, status aspiration, and emotionality have been gratified through marriage. While results of the Need Questionnaire would indicate that Mr. E. possesses a strong hostility need, Mr. E. denies this vehemently. On the contrary, he sees himself as a very passive, agreeable person, especially within the marital sphere. Thus, should he in actuality possess a hostility need, his mode of interaction within his family would certainly indicate that he suppresses it. Likewise, Mr. E. does not acknowledge within himself a tendency to be anxious. However, as he does admit that he sometimes worries about his day-to-day family life, it is possible that an element of this need finds satisfaction through his marriage. The one need which Mr. E. does acknowledge as being met is his abasement need. While he does recognize his tendency toward self-blame, Mr. E. rationalizes that, rather than indicating a personal weakness, this need actually serves as a cohesive force within his marriage.

Daydreaming and Marital Needs

Mr. E.: Mr. E.'s daydreaming pattern reveals very clearly the nature of his personal needs and the relationship of these needs to his marital situation. His devastating sexual and failure daydreams, for example, point out very dramatically his concern over his impotence and the problems it has caused in his marriage. The fact that he is able to perform well sexually in his daydreams may indicate that these fantasies seek to provide Mr. E. with feelings of competence and recognition which he lacks in reality. In addition, he may equate sexual prowess and the giving of love and affection in these fantasies with the provision of assistance and sympathetic understanding. Therefore, through fantasizing, he is able to see himself as a nurturing person as well.

The predominance of hostile daydreams in Mr. E.'s life indicates that he does in fact possess a need to injure others, even though he does not acknowledge or consciously recognize this. Perhaps the fact that he never expresses hostile feelings outwardly accounts for the tremendous satisfaction he gains through daydreaming about them.

It is interesting to note that Mr. E. never fantasizes about present concerns. Rather, the past and the future are emphasized, with elements of regret and anxiety dominating the themes. The motivating force behind these daydreams would seem to be Mr. E.'s aspirations for higher status combined with his tendencies to be anxious and self-denegrating. His wife's reinforcement of his own self-doubt and her dissatisfaction with him as a husband in general may be additional factors as well. Rather than concentrating on issues current in his life, Mr. E. is influenced by his wife's discouragement and his own abasement need to focus his attention on his past failures and to anticipate mistakes in the future.

That Mr. E. finds daydreaming to be very unpleasant and unsettling experience is understandable given the fact that he rarely fantasizes about happy events. However, in a way, Mr. E. appears to be a slave to his own daydreams. He seems to have no control over either the frequency of their occurrence or the thematic content which is exhibited. At times, he feels compelled to daydream (as he cannot extricate himself from the experience) and to re-live the most disagreeable ones (even though he becomes violently ill from doing so). This, no doubt, relates to both his abasement need - which he rationalizes as being a positive factor in his marriage - and to his general tendency to be anxious as well. It could be that Mr. E.'s fantasies are trying to tell him something. Being so powerful and so disturbing, they may be Mr. E.'s way of attempting to bring to his consciousness many of the feelings which he either denies or rationalizes about, and which seem to be causing him serious marital difficulties as well. However, as Mr. E. tends to be quite negative about daydreaming in general, he has not learned to use the experience as a means of gaining self-insight.

Mrs. E.: Mrs. E.'s daydreams, as do her husband's, point to existing areas of marital conflict. Sexual fantasies, for example, reflect the absense of a satisfying physical relationship with Mr. E. Her need for affection is also quite evident as well as her need to be recognized as an important and desirable woman. Through fantasies in which she imagines herself as irresistable and in control of her own sexual fulfillment, Mrs. E. is perhaps able to compensate for her lack of satisfaction in the real world. These dreams may also allow her to feel that she is being "pampered" or royally treated. In this way, her need for succorance is gratified as well.

Present and future daydreams which are experienced by Mrs. E. would seem to be related to her social aspirations and her need to be recognized as an important community member. The hostility which she imagines appears to reflect her inability to attain these goals through what she believes to be the only legitimate channel - i.e. her marriage. Thus, these hostile daydreams in which she is successful in seriously injuring Mr. E. may be attempts on her part to break through the barrier which exists between them and to release her own pent-up frustration over the fact that her verbal complaints have thus far fallen on deaf ears.

Although Mrs. E. indicates that she rarely reflects upon her daydreams, she is able to relate particular fantasies quite easily. Therefore it would appear likely that she does in fact think about her daydreams. Perhaps because she regards daydreaming as childish, she is reluctant to admit that her own fantasies have any significance or emotional impact for her. In any event, it is probable that daydreaming does hold more meaning for Mrs. E. than she is willing to admit. It is not possible to determine at this point the importance she attaches to her fantasy world or the kind of affect which it provides.

COUPLE F

Background Information

Mr. and Mrs. F. are in their late twenties and have been married for four years. They have three sons, ages ten (from Mrs. F.'s previous marriage), three, and two. Mrs. F. has a grade nine education. Her husband has a university education and is employed as a research scientist. His approximate family income is $10,000 to $15,000 per annum. Both belong to the Christian Reformed Church.

Daydreaming Styles

Mr. F.: Mr. F. is a moderate daydreamer, spending about 25% of his time in active daydreaming. His fantasies occur usually when he has time to spare from his day-to-day tasks, or when he is alone. On the whole, he tends to become quite engrossed in his fantasies. Quite often a daydream will affect him emotionally and occasionally it will help determine his subsequent mood. He does not often stop to reflect upon them; however, the daydreams he has are about equally divided between pleasant and unpleasant experiences.

Mr. F. is rather ambivalent about his own daydreaming. He is not accepting of his own fantasizing, regarding it as a childish and wasteful past-time. At the same time, however, he believes that most people have daydream experiences similar to his own. Generally, then, Mr. F. views daydreaming as a common human experience which is basically a habit which people have acquired as a means of avoiding daily responsibilities.

The achievement daydream is the most common type experienced by Mr. F. In these fantasies, he imagines himself as a top executive and expert in his field. He also pictures himself exceeding his family's expectations and gaining their admiration. Often, he receives awards for outstanding achievements.

Heroic fantasies are almost as common to Mr. F. as those emphasizing achievement. Saving his family from danger, sacrificing his own life for others, winning fame for bravery, preventing a hijacking, and deciding the winning point in an important tournament are all depicted. Occasionally, Mr. F. daydreams about negotiating a peaceful settlement in a foreign war and becoming an important government official as well.

Problem-solving and bizarre daydreams are also relatively common to Mr. F. and tend to occur together. In these fantasies, he imagines solving all of his problems, usually in outlandish or unrealistic ways. These dreams are often so far-fetched that Mr. F. finds that the solutions imagined are never applicable to his own life. He does not gain any useful clues to solving his actual problems through his daydreams of this type.

Mr. F. also has fantasies about the future and the present, although to a lesser degree than the other types previously mentioned. In these daydreams, he plans for the future, imagines where he will be in years to come, wonders what the world of the future will look like, imagines himself in better circumstances, and pictures what he wishes to happen to him. His day-to-day affairs and present concerns are often reflected in these daydreams as well. Mr. F.'s I.P.I. scores indicate that he rarely daydreams about the past, and never experiences sexual, guilt, or fright fantasies.

Mrs. F.: Mrs. F. describes herself as an habitual daydreamer, spending at least 50% of her waking hours in a fantasy world. She becomes very involved emotionally in her dreams, which can occur at any time. Unpleasant themes predominate. While Mrs. F. does not always experience fright, she does admit that particularly unpleasant fantasies do upset her. She tends to brood over them and finds that recurring daydreams are common. She often tries, without success, to extricate herself from a fantasy.

Mrs. F. is uncertain about her feelings with respect to daydreaming in general. While she views daydreaming as a common adult experience, she tends to feel guilty about the time she spends indulging in her own dream world. She does not find daydreaming to be a particularly useful or productive past-time. On the contrary, Mrs. F. tends to look upon it as a way to avoid or postpone real-life responsibilities.

Themes involving fear of failure are most common in Mrs. F.'s daydreams. This fear appears to center almost exclusively around family concerns. Failing to live up to her parents' expectations, being negligent in her role as wife and mother, failing those she loves, and causing unhappiness are common elements of this type of fantasy.

Guilt and fright reactions occur almost as frequently as fear of failure daydreams. Mrs. F. tends to imagine, for example, feeling guilty about past transgressions and fearful that others will hold her mistakes against her. She is afraid of doing something wrong and imagines that others know of all her faults. She is tortured by the images of sins which she imagines she has committed. She pictures herself as being trapped and tortured by others for her mistakes.

Daydreams which involve the future are also relatively common. Mrs. F. imagines what she will be doing in years to come and pictures herself in a better life. She often imagines herself as a completely different person living a different life altogether. These fantasies would seem to be the most pleasant category experienced by Mrs. F.

Past-oriented daydreams are also experienced by Mrs. F. These are typically reminiscences of early experiences. Sometimes this daydream is tinged with regret and occasionally the elements of fear and guilt are present as well. Other times, happy times are re-lived and enjoyed by Mrs. F.

Problem-solving and achievement daydreams occur slightly less frequently than fantasies about the past. These dreams are usually quite unrealistic and involve visions of Mrs. F. as a magic problem-solver and creator of peace and contentment in her family life.

Among daydreams which rarely or never occur in Mrs. F.'s life are hostile and very bizarre ones. She also cannot recall daydreaming about sexual affairs.

Overview: Mr. and Mrs. F.'s daydreaming styles would appear to be similar in several respects. For example, both fantasize frequently; Mr. F. is a moderate daydreamer and his wife is an habitual one. Both also tend to become emotionally engrossed in their dreams. Both experience pleasant and unpleasant fantasies, although Mrs. F.'s tend to be slightly less pleasing than her husband's. Neither is certain about his own feelings with respect to the daydreaming experience in general. For example, both Mr. and Mrs. F. agree that daydreaming is a common and acceptable behavior. Mrs. F. feels guilty about her own daydreams, however, while her husband regards his fantasies as an avoidance mechanism. Neither is aware of any adaptive or positive use (such as problem-solving or problem-elucidation) to which daydreaming could be applied.

Mr. and Mrs. F. experience some of the same kinds of fantasies. Achievement, unrealistic problem-solving, and future themes are common to both. Other themes are not shared but have similar concerns. Generally though, Mr. F.'s daydreams depict hopes and ambitions for a brighter future, while his wife's concentrate on the past and are more pessimistic in tone.

Needs, Marital Interaction, and Marital Satisfaction

Mr. F.

(1) Achievement Mr. F. defines one of his major ambitions in life as the achievement of something which will be of significance to mankind and will have long lasting effects. As an inventor, he would like to create something worthwhile. His family life is important to him in this respect too, in terms of the creation of a peaceful and secure home atmosphere. Mr. F. describes himself as a hard-working and ambitious family man who is willing to expend considerable effort to attain and maintain a pleasant and peaceful family atmosphere. He has not yet reached this goal and suspects that it's fulfillment is still a long way away. Since marrying his wife four years ago, Mr. F. has not succeeded in his efforts to serve as a stabilizing influence. He has not given up, although he does admit to experiencing discouragement at times.

(2) Deference Mr. F. describes himself as one who has always had "idols". His father is one such idol. Mr. F. regards his father as a very successful man in every aspect of his life. Through his father's efforts, Mr. F. was given a very happy and secure family

life. His mother too was instrumental in this regard. In searching for a marriage partner, Mr. F. found that his conception of the ideal wife coincided closely with the traits his mother possessed. The ability to raise children and the care and understanding she exhibited were especially important to him. He finds, however, that his marriage to Mrs. F. has proved disastrous in this regard. Their oldest son - who is Mrs. F.'s by her previous marriage - is incorrigible, while the younger two children are becoming behavior problems as well. Mrs. F. is at a loss as to what to do with them and becomes very anxious and depressed when they misbehave. Mr. F. doubts whether his wife has any insight into such matters as discipline and child-rearing at all. Therefore, he feels that his marriage does not afford him the opportunity to take pride in his wife at all. In fact, if it were not for the sake of the children, Mr. F. would be tempted to end his marriage to Mrs. F.

(3) Dominance Mr. F. describes himself as the head of the household. He holds the deciding vote on all family matters and assumes responsibility for allocating tasks and household chores. He feels that the children listen to him even though they ignore his wife. Mrs. F. is completely satisfied with this balance of authority, her husband feels. She is a very dependent person, for which Mr. F. is thankful.

(4) Recognition Mr. F. finds it important that he be highly regarded in the community, at work, and at home. As his home situation is currently in a turmoil, Mr. F. is often embarassed about this part of his life. He finds himself evading others' questions about his wife and family and changing the subject to more satisfying topics

such as work or sports. Thus, rather than providing him with the recognition and sense of accomplishment which he requires, Mr. F.'s marriage detracts considerably from these needs.

(5) Status Aspiration   Mr. F.'s need for status aspiration is closely related to his goal of being a good husband and father. Through establishing a pleasing family life, he hopes to become recognized and respected by others. He sees himself as achieving status through the transformation of a disrupted and unhappy family into a well-functioning unit. Material considerations are part of the solution, but Mr. F. concentrates on the affective aspects to a larger extent. As his family is presently very disorganized and on the verge of total collapse, Mr. F. sees many opportunities for improvement. He is able to enumerate several possible methods of attack and claims to have tried some of them. To date, however, he has not been successful in initiating any changes for the better.

(6) Vicariousness   Other than on a very few occasions, Mr. F. has not experienced joy through family interaction. This is due mostly, he feels, to the fact that his wife and children are not happy themselves. Mr. F. finds that he is happiest when his family is having a good time together. As this happens only rarely, Mr. F. is irritable or depressed most of the time.

Mrs. F.

(1) Affiliation   Mrs. F. has always enjoyed the company of others and is very unhappy when by herself. Since she was a little girl she has dreamed of having a large family of her own to care for. Her childhood was not a happy one and Mrs. F. has always been determined to make her own children's lives as pleasant as possible. She

feels that she has failed to fulfill her wish up to this point in her life. Her children (especially the oldest) are frequently very sullen and angry. They fight among themselves constantly. The oldest boy is failing in school and his teacher blames Mrs. F. Her husband rarely is of any assistance and he too is becoming depressed and angry. All in all, Mrs. F.'s relationship with her family is a very disappointing and unsatisfactory one.

(2) Deference Mrs. F. describes her "ideal" husband as someone whom she can depend and rely upon; someone she can look up to and admire. Her attraction to Mr. F. was based largely on her perception of him as possessing these traits. Over the years, she has come to realize that he is not as strong as she had thought. Although he tries to exert control and be "the boss" at home, Mrs. F. sees her husband as a failure in this respect. The children do not obey him. She does not believe in him anymore. Even the neighbors have complained that the children are out of control. Mrs. F. can think of nothing to say in Mr. F.'s favor in terms of his duties as a husband and father.

(3) Nurturance After her first marriage ended, Mrs. F. became very depressed. The reason for her depression, she feels stemmed from the realization that she would not be able to have more children. When she was remarried to Mr. F., her state of health improved vastly and she began to plan for a family again. Two babies were born within two years time, and Mrs. F. found that she was happy and content once again, caring for her husband and her children. She still enjoys this, even though her efforts are sometimes not appreciated. The alternative of living alone with no one to look after is very frightening indeed, Mrs. F. reveals.

(4) Vicariousness   Mrs. F. wants very much to see her family happy. She has never known a stable and pleasureable home life herself and has been unable to provide this for her own family. Consequently, her vicariousness need is one which is keenly felt and which remains unfulfilled.

(5) Emotionality   The giving and receiving of affection is very important to Mrs. F. Nevertheless, she finds that it is difficult for her to express her own feelings openly. Her husband is much the same way, Mrs. F. believes. She describes him as a stoic, controlled person who considers it unmanly to be romantic. Her sons react similarly although they are more inclined than their father to express negative feelings. Consequently, Mrs. F. complains that her family is not at all an affectionate one. The sexual aspect of her marriage has been good, she feels, although neither she nor her husband consider their needs in this area to be very powerful.

(6) Anxiety   Mrs. F. describes herself as a very nervous person. She has been under a doctor's care on several occasions because of her anxieties. She credits her family with being the cause of these problems. No matter how hard she tries to be calm, Mrs. F. cannot help but worry over her family problems. She has nightmares about her children almost every night, she broods about their troubles during the day, and she finds that she is in a constant state of tension over the future of her marriage. She suspects that her husband is about to leave home and she feels powerless to stop him.

Although she is able to recognize and enumerate her worries, Mrs. F. does not relate them to an anxiety need within herself. Rather, she seems to blame her family, feeling that it is they who make her anxious. She believes that if her household were running smoothly and if her family were happy, she would no longer be anxious at all. Thus, she feels that her worries are initiated from external rather than internal forces.

Overview: Very few of Mr. and Mrs. F.'s needs are perceived by them as being met within their marital relationship. Mr. F.'s needs for achievement, deference, status aspiration, recognition, and vicariousness are thwarted rather than gratified. Similarly, Mrs. F.'s needs for deference, affiliation, emotionality, and vicariousness do not find fulfillment through marriage. Mr. F. does feel that his dominance need is being met. This appears to be the only positive aspect of his married life as he sees it, and may explain why he continues to remain in the relationship. Mrs. F. finds fulfillment of her nurturance need through caring for her children. Although she does not consciously recognize anxiety as a personal need, Mrs. F. does agree that her marriage offers many opportunities to experience anxiety.

Daydreaming and Marital Needs

Mr. F.: Mr. F.'s pattern of daydreaming points to areas of conflict and dissatisfaction within his marriage. Thus, his unmet marital needs are reflected quite clearly in fantasy.

Mr. F. reports that daydreams often alter his moods. It may be, then, that through fantasizing about his achievements, about gaining recognition for heroic feats, and about solving in grand fashion all of his present and anticipated family problems, Mr. F. is attempting to bolster his ego or otherwise compensate for a very unsatisfactory home life. The fact that Mr. F. appears to be a very optimistic and determined man, despite the many problems he faces, would seem to indicate that his daydreaming does perhaps provide him with some compensation.

On the other hand, some of Mr. F.'s fantasies are unpleasant. This may account, in part, for his ambivalence toward daydreaming in general. These unpleasant experiences in addition to the fact that fantasizing provides Mr. F. with only unrealistic solutions to his problems may also explain why he has not taken more interest in his daydreams or recognized their potential for problem-solving or other adoptive use.

Mrs. F.: Mrs. F.'s daydreams would appear to be indicative of her general tendency to be fearful and anxious. Rather than helping her to cope with reality, however, her daydreams would seem to reinforce her own feelings of helplessness and incompetence as a wife and mother. Her pattern of daydreaming appears to be neurotic in several ways. The large amount of time devoted to fantasy, the lack of control over daydream occurrence, the seemingly compulsive patterning of frightful recurring daydreams - all of these factors would seem to indicate this. The predominantly unpleasant nature of her dreams would also suggest that this is the case. Even her pleasant daydream experiences do not deal directly or realistically with her own life. Rather, they picture Mrs. F. as a completely different person, with a foreign life-style and usually, devoid of realistic concerns or responsibilities. Consequently, it would seem that Mrs. F.'s daydreams serve first as a means through which to gratify her rather neurotic need for anxiety, and secondly, to escape from the disappointments and responsibilities which she cannot face in her own life.

CHAPTER VI

SUMMARY AND CONCLUSIONS

HAPPILY MARRIED vs. UNHAPPILY MARRIED RESPONDENTS - SUMMARY

From an examination of the results, as reported in the previous chapter, several statements can be made with respect to the daydreaming styles of happily-married versus unhappily married persons:

Frequency

Of the six couples interviewed for this study, the unhappily married group (couples D., E., F.) appeared to engage in daydreaming more often than the happily married group (couples A., B., C.). In addition, the unhappily married group showed more variation in daydream frequency as well as a wider frequency spread between husband-wife pairs than did the happily married group. For example, all three wives in the happy group were occasional daydreamers, while one husband was a moderate, one an occasional, and one a rare daydreamer. In no case did the husband-wife pairs vary by more than one point on the I.P.I. scale of daydream frequency (scale 1). In the unhappy group, two of the wives were habitual daydreamers, while one daydreamed occasionally. Two husbands in this group were moderate daydreamers, while the third fantasized only rarely. In addition, in the case of couple D., an habitual daydreaming wife was matched with a rarely daydreaming husband. Thus, in terms of daydream frequency, husband-wife pairs in the happily married group appear to correspond quite closely to each other. In contrast, husband-wife pairs in the unhappy group show wide variation, with wives fantasizing much more than their husbands in two of the three cases.

Content

With respect to daydream content, little difference is observed between the two groups, although the unhappily married couples did exhibit slightly more themes. In both groups, the men exhibited more themes overall than their wives. Recurring fantasies were common to all respondents. It is interesting to note that while the men of both groups tended to have unrealistic fantasies, only the unhappily married men had daydreams which could be classed as bizarre. In contrast, all wives daydreams were basically more tied to reality in that they tended to concentrate heavily on daily concerns and household tasks.

Affect

With respect to the feeling tone of the daydreams experienced by the two groups, several differences would appear to be significant. First of all, while happily married persons tend to be generally very accepting of their daydream experiences, unhappily married persons (men more than women in this sample) would seem to be more ambivalent or non-accepting of their occurrences. Secondly, the happy group appears to regard daydreaming as a much more pleasant experience than the unhappy group. The unhappy group would appear to invest slightly more emotion overall. The happy group, much more than the unhappy group exhibits the ability to reflect upon their daydreams and to control both the frequency of occurrence and the content of their fantasies. The happy group, on the whole, is very aware of and responsive to both pleasant and unpleasant daydream experiences. In contrast, the unhappy group seems to exhibit more obsessional or neurotic fantasies and appears less able than the happy group to control their occurrence. While only one person in the happily married group (i.e. Mrs. C.) has actually been able to utilize daydreaming in a creative way, this group, on the whole, recognizes the adaptive and problem-solving function of daydreaming and attempts to use it in a constructive manner. In contrast, the unhappily married group tends to be unaware of this function, regarding fantasizing as either a waste of time, an unwanted or unwelcome diversion, or an escape from responsibilities. Perhaps the one exception in this case is Mrs. D. who utilizes daydreaming (although unconsciously) as a means by which to survive in an atmosphere almost devoid of any human pleasures. Thus, daydreaming, for her, may be regarded as adaptive in the sense that it provides a means by which she is able to tolerate an otherwise painful existence.

All in all, the happily married group tends to view their daydreaming as a much more acceptable, pleasant, rewarding, and stimulating experience than does their unhappily married counterpart. This group also exhibits more control over the content and frequency dimensions of its daydreams and is better able to judge and to control the emotional effects arising from both pleasant and unpleasant fantasies.

CONCLUSIONS AND IMPLICATIONS FOR MARRIAGE COUNSELLING

Given the aforementioned differences in daydreaming styles between happily married and unhappily married persons, it is possible to make several observations:

(1) Persons in this sample who see themselves as happily married tend to have spouses who daydream with approximately the same

frequency as do they themselves.

(2) On the whole, unhappily married persons in this sample tend to have spouses whose fantasy patterns differ from their own in terms of frequency.

(3) The happily married group experiences pleasant daydreams more often than the unhappily married group.

(4) The happily married group's fantasies which revolve around family concerns are generally very pleasant in nature, while family themes of the unhappily married group tend to be unpleasant.

(5) The unpleasant daydreams experienced by the happily married group appear to revolve around relationships outside the marriage. In contrast, unpleasant daydreams experienced by the unhappy group would seem to concentrate on the marital situation in particular or around the dreamer's whole world in general.

(6) Happily married persons in this sample are able to attend to daydreams - particularly to unpleasant or persistent daydreams - and to deal effectively with them in a problem-solving way to a greater extent than unhappily married persons, who are more inclined not to reflect at all upon their daydreams, or to become so emotionally engrossed that they lose control over them altogether.

(7) Happily married couples tend to share their fantasies with each other more often than unhappily married couples.

(8) While there does not appear to be a significant difference in the content dimension between the two groups, there does seem to be a major difference in the way that fantasy is viewed and in the emotional reactions it arouses. In other words, not what is fantasized, but how one perceives it would appear to be important.

The examination of individual daydreaming styles within a therapeutic setting could prove to be very fruitful, in light of these observations. Marriage counsellors should find fantasy techniques especially beneficial in their work with dissatisfied couples.

Counsellor Insights

The results of this research would suggest that daydreams do reflect personal needs. The happily married couples in this sample were, by and large, very cognizant of their own needs and the needs of their spouses, and were able to report these to the interviewer. In contrast, the unhappily married respondents were less consciously aware of their needs and of the needs and expectations of their partner. In addition, they often tended to experience contradictory or conflicting needs. This poses problems for the marriage counsellor. The client's general lack of self-awareness may make it difficult for him to diagnose problem areas within the husband-wife relationship.[1] However, daydreaming, as evidenced by this study, is often used as a means by which to displace or gratify unmet needs. Therefore, by examining each spouse's daydreaming pattern, the counsellor may gain insight into many of the relationship problems which may not otherwise be evident to him. For example, very unrealistic or bizarre fantasies may be indicative of a particularly strong need. Frightening or extremely pleasant fantasies, or daydreams in which considerable emotion is invested may be reflective of lack of communication or miscommunication within a relationship.

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[1] The tendency for unhappily married groups to be less perceptive, less interested in interpersonal relationships and less likely to talk about themselves on a personal level is evidenced by their lower scores on scales 22 and 28 of the I.P.I.

With the knowledge that an examination of daydreaming patterns can give him, the counsellor may find himself in a position to institute a more effective treatment program. Fantasy, in this sense, provides a means by which to communicate with his client and to elicit information which may be necessary to the treatment process.

Client Insights

By focusing on fantasy material, the counsellor is directly assisting his client in becoming aware of his own inner processes. This may be a new experience for many people, and one which can prove to be very exciting. By encouraging the attention to and the eliciting of daydream experiences, the counsellor is setting the stage for a deeper understanding of self and of one's motivations and needs. As the client becomes more proficient with fantasy reflection, he may be able to "re-learn" how to daydream and to use his daydreams more effectively. He may develop new and novel responses. Through daydreaming, he can learn to "play out" disputes, to take the role of his spouse and to empathize with others. Thus, role-taking and role-making skills are enhanced.

The counsellor, by encouraging couples to share their fantasies with one another, is actually facilitating the sharing of needs and motivations. Through this sharing process, couples are able to examine their own and each other's roles and role expectations and to learn new ways of dealing with those that may conflict. Through the sharing of daydreams, these couples may actually be establishing their first effective communication pattern. As they become more aware of their own needs and those of their spouse, they may be able to assist each other in their gratification and, consequently, improve their marital satisfaction.

A word of caution would seem to be appropriate here. In working with individuals who are not predisposed to fantasy reflection, or whose fantasies are especially bizarre, the counsellor may encounter a great deal of anxiety and fear, or at the very least, reluctance or opposition on the part of his clients. Therefore, it is important that the counsellor be perceptive of these feelings and be proficient in dealing with them. He must be able to reassure the client, for example, that attending to one's bizarre and vengeful fantasies does not necessarily indicate a weakness of character, nor does it signify that he is likely to act through the fantasy in real life. The counsellor also must be skilled in the usage of techniques which encourage the eliciting of fantasy material. Many other therapeutic frameworks deal explicitly with imagery methods and can be employed in daydream therapy as well. For example, hypnosis, psychodrama, aversion therapy, behavior modification, gestalt therapy, and symbolic modelling all utilize imagery to some extent in the treatment process. If a client is particularly resistant, other means may be utilized by the counsellor to encourage fantasizing. There are other socially-sanctioned means by which individuals can vicariously, if not directly, experience fantasy. Reading, travelling, attending movies and engaging in artistic pursuits are just some examples.

LIMITATIONS OF THE STUDY AND SUGGESTIONS FOR FUTHER RESEARCH

Although the results of this study would appear to be rather clear-cut in some ways, one must not make the mistaken inference that the relationships discovered here will hold true generally. The very small sample size would certainly preclude generalizing to any great degree. However, as there do appear to be many differences in the daydreaming styles of happily married versus unhappily married couples in this sample, it may be valuable to investigate this relationship more thoroughly using large, representative samples. Longitudinal studies to determine whether daydreaming patterns change over time and in relation to changes in needs and in marital satisfaction would seem to be requiared as well. For example, does a change in one's level of marital satisfaction result in a corresponding change in (1) patterning of daydreams? (2) attitudes and feelings about daydreaming? (3) ability to reflect upon daydreams? (4) adaptive usage of daydreams? If daydreaming is indeed a cognitive skill, as Singer(1966) would suggest, then one's fantasy experiences should be amenable to change. This assumption requires further investigation as well.

Given the exploratory nature of this study and the lack of more formal and scientific techniques of data colleciton, it may be possible that some of the conclusions hereby set out may have been deduced from faulty assumptions or interpretations. However, the interviewers found that all respondents, with possibly one exception, were very open about their feelings and experiences and very pleased to participate in the study. In addition, the nature of the questions that were asked provided many built-in checks and balances so that a clear picture of the family dynamics was gleaned from each couple. (For a complete list of the questions asked, refer to the Appendix, Interview Schedule.) Therefore, the possibility that errors in assumptions may occur is probably very small.

From scoring the I.P.I., it became evident to the researcher that some of the scales in this inventory produced what at first appeared to be ambiguous results. Upon closer examination, however, it became clear that the wording of many of the items resulted in some confusion on the part of respondents. Singer, for example, in his instructions to respondents, emphasizes the importance of distinguishing between daydreaming and thinking. However, many of his items contain the word "think" when it is evident that he is seeking to elicit imaginal behavior. In addition, some of his scales consist of questions which are very limited in scope and are therefore not applicable to all people. The Achievement Scale, for example, consists of twelve items, most of which are employment oriented. Housewives who do not work outside the home may find it difficult to relate to these questions and score low on this scale, even though they may be achievement-oriented in other ways. Perhaps if these problems had been anticipated at the time of the interview, the results might have differed somewhat. Consequently, it is recommended that future research take these problems into account.

Finally, it is suggested that future research should concern itself not only with what one does daydream about, but also with those daydreams which he never experiences. Do themes which are absent in one's overall experience coincide with his other personality characteristics? Do happily married and unhappily married persons differ with respect to the kinds of daydreams they never experience? This research would suggest that they do; however, the specific relationships deserve more systematic investigation.

Though many questions remain unanswered, one fact is clear; daydreaming affords each and every one of us a unique opportunity to acquire self-knowledge and understanding. By listening to ourselves and to what we reveal through our fantasies, we enlarge our stream of consciousness and ever continue to grow.

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APPENDIX

SAMPLE SCHEDULES

PERSONAL DATA SHEET

Please circle the correct response for each question.

1. My sex is:

   A. male
   B. female

2. My age is:

   A. under 20 years
   B. 20-25 years
   C. 26-30 years
   D. 31-40 years
   E. 41-50 years
   E. over 50 years

3. My marital status is:

   A. single
   B. married for _____years
   C. separated for _____years
   D. divorced for ____years
   E. widowed for ____years

4. My level of formal education is:

   A. did not complete high school
   B. completed high school
   C. trade school or technical school
   D. university - undergraduate level work
   E. university - postgraduate level work

5. My religious affiliation is:

   A. Protestant
   B. Catholic
   C. Jewish
   D. None
   E. Other (please specify) ______________

6. My occupation is _________________________

7. My approximate family income per year is:

   A. under $5000
   B. $5000 - $10,000
   C. $10,000 - $15,000
   D. $15,000 - $25,000
   E. over $25,000

8. The number of children that I have is ______
   (Please give ages and sex for each child below.)

MARITAL ADJUSTMENT TEST
AND
MARITAL PREDICTION TEST

1. Circle the "X" on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy" represents the degree of happiness which most people get from marriage, and the scale gradually ranges on the one side to those few who are very unhappy in marriage, and on the other, to those few who experience extreme joy or felicity in marriage.

X----------X----------X----------X----------X----------X----------X

very unhappy	happy	perfectly happy

For questions 2 to 9, place an "x" in the column which most describes your situation. (Columns include (1) always agree (2) almost always agree (3) occasionally disagree (4) frequently disagree (5) almost always disagree (6) always disagree.

2. Handling family finances

3. Matters of recreation

4. Demonstrations of affection

5. Friends

6. Sex relations

7. Conventiality (right, good, or proper conduct)

8. Philosophy of life

9. Ways of dealing with in-laws

For questions 10 to 50, circle the response which best characterizes your situation.

10. When disagreements arise, they usually result in:

    A. husband giving in
    B. wife giving in
    C. aggreement by mutual give and take

11. Do you and your mate engage in outside interests together?

    A. all of them
    B. some of them

C. very few of them
D. none of them

12. In leisure time do you generally prefer:

A. to be 'on the go'
B. to stay at home

Does your mate generally prefer:

A. to be 'on the go'
B. to stay at home

13. Do you ever wish you had not married?

A. frequently
B. occasionally
C. rarely
D. never

14. If you had your life to live over, do you think you would:

A. marry the same person
B. marry a different person
C. marry not at all

15. Do you confide in your mate:

A. almost never
B. rarely
C. in most things
D. in everything

16. Circle the number which represents the highest grade of schooling which you had completed at the time of your marriage.

1 2 3 4 5 6 7 8	1 2 3 4	1 2 3 4	1 2 3 4
grade school	highschool	college	post-graduate

17. Which represents your age at the time of marriage?

A. 19 and under
B. 20-24
C. 25-30
D. 31 and over

18. How long did you 'keep company' with your mate before marriage?

A. 1-3 months
B. 3-6 months
C. 6 months - 1 year
D. 1-2 years

E. 2-3 years
F. 3 years or longer

19. How long had you known your mate at the time of your marriage?

A. 1-3 months
B. 3-6 months
C. 6 months - 1 year
D. 1-2 years
E. 2-3 years
F. 3-5 years
G. 5 years or longer
H. since childhood

20. My father and mother:

A. both approved my marriage
B. both disapproved my marriage
C. father disapproved
D. mother disapproved

21. My childhood and adolescence, for the most part, were spent in:

A. open country
B. a town of 2500 population or less
C. a city of 2500 to 10,000 in population
D. 10,000 - 50,000
E. 50,000 and over

22. Did you ever attend Sunday School or other religious school for children and young people?

A. yes
B. no

If answer is yes, at what age did you stop attending such a school?

A. before 10 years old
B. 11 - 18 years
C. 19 years and over
D. still attending

23. Religious activity at time of marriage:

A. never attended church
B. attended less than once per month
C. once per month
D. twice per month
E. three times per month
F. four times per month
G. more than four times per month.

24. Indicate the number of friends of the same sex before marriage.

    A. almost none
    B. a few
    C. several
    D. many

25. Before your marriage how much conflict was there between you and your father?

    A. none
    B. very little
    C. moderate
    D. a good deal
    E. almost continuous

26. Before your marriage how much attachment was there between you and your father?

    A. none
    B. very little
    C. moderate
    D. a good deal
    E. very close

27. Before your marriage, how much conflict was there between you and your mother?

    A. none
    B. very little
    C. moderate
    D. a good deal
    E. almost continuous

28. Before your marriage, how much attachment was there between you and your mother?

    A. none
    B. very little
    C. moderate
    D. a good deal
    E. very close

29. Give your appraisal of the happiness of your parents' marriage.

    A. very happy
    B. happy
    C. about averagely happy
    D. unhappy
    E. very unhappy

30. My childhood on the whole was:

    A. very happy

B. happy
C. about averagely happy
D. unhappy
E. very unhappy

31. In my childhood I was:

A. punished for every little thing
B. punished frequently
C. occasionally punished
D. rarely punished
E. never punished

32. In my childhood the type of training in my home was:

A. exceedingly strict
B. firm but not harsh
C. usually allowed to have my own way
D. had my own way about everything
E. irregular (sometimes strict, sometimes lax)

33. What was your parents' attitude toward your early curiosities about birth and sex?

A. frank and encouraging
B. answered briefly
C. evaded or lied to me
D. rebuffed or punished me
E. I did not disclose my curiosity to them

34. My general mental ability, compared to my mate's is:

A. very superior to his (hers)
B. somewhat greater
C. about equal
D. somewhat less
E. considerably less

35. Before marriage what was your general attitude toward sex?

A. one of disgust and aversion
B. indifference
C. interest and pleasant anticipation
D. eager and passionate longing

36. Do you often feel lonesome, even when you are with other people?

A. yes
B. no
C. ?

37. Are you usually even-tempered and happy in your outlook on life?

    A. yes
    B. no
    C. ?

38. Do you often feel just miserable?

    A. yes
    B. no
    C. ?

39. Does some particular useless thought keep coming into your mind to bother you?

    A. yes
    B. no
    C. ?

40. Do you often experience periods of loneliness?

    A. yes
    B. no
    C. ?

41. Are you in general self-confident about your abilities?

    A. yes
    B. no
    C. ?

42. Are you touchy on various subjects?

    A. yes
    B. no
    C. ?

43. Do you frequently feel grouchy?

    A. yes
    B. no
    C. ?

44. Do you usually avoid asking advice?

    A. yes
    B. no
    C. ?

45. Do you prefer to be alone at times of personal stress?

    A. yes
    B. no
    C. ?

46. Do your feelings alternate between happiness and sadness without apparent reason?

   A. yes
   B. no
   C. ?

47. Are you often in a state of excitement?

   A. yes
   B. no
   C. ?

48. Are you considered critical of other people?

   A. yes
   B. no
   C. ?

49. Does discipline make you discontented?

   A. yes
   B. no
   C. ?

50. Do you always try carefully to avoid saying anything that may hurt anyone's feelings?

   A. yes
   B. no
   C. ?

IMAGINAL PROCESSES INVENTORY

Instructions to Respondents:

Daydreaming is an experience which all of us have had. The following is a questionnaire about your daydreams. Please answer each question as thoughtfully as possible.

Please note that when I use workd like "daydreams", I am using popular terminology for which there is no "official" definition. You may have a particular idea of what you mean by a daydream or fantasy. Try to answer these items as they seem most to apply to you. Make a distinction between thinking about an immediate task you are performing (eg. working, doing school work and thinking directly about it while you are doing it) and daydreaming, which involves thought unrelated to a task you are working on or else thoughts that go on while you are getting ready for sleep or on a long bus or train ride.

Please keep in mind that my attempts to give examples of daydreams in this questionnaire are fairly general. Try to answer if you have had daydream experiences more or less like the ones mentioned, even if not exactly the same.

PART I

There are 12 questions in Part I. Each question has 5 possible answers. For each question, choose the answer which is most true or appropriate for you, and circle the number which corresponds to it.

1. I daydream

   1. infrequently
   2. once a week
   3. once a day
   4. a few times during the day
   5. many different times during the day

2. Daydreams or fantasies make up

   1. no part of my waking thoughts
   2. less than 10% of my waking thoughts
   3. at least 10% of my waking thoughts
   4. at least 25% of my waking thoughts
   5. at least 50% of my waking thoughts

3. As regards daydreaming, I would characterize myself as

   1. someone who never daydreams
   2. someone who very rarely engages in daydreaming
   3. someone who tends towards occasional daydreaming

4. someone who tends towards moderate daydreaming
5. an habitual daydreamer

4. I recall or think over my daydreams

    1. infrequently
    2. once a week
    3. once a day
    4. a few times during the day
    5. many times during the day

5. When I am not paying close attention to some job, book, or TV, I tend to be daydreaming

    1. 0% of the time
    2. 10% of the time
    3. 25% of the time
    4. 50% of the time
    5. 75% of the time

6. Instead of noticing people and events in the world around me, I will spend approximately

    1. 0% of my time lost in thought
    2. less than 10% of my time lost in thought
    3. 10% of my time lost in thought
    4. 25% of my time lost in thought
    5. 50% of my time lost in thought

7. I daydream at work

    1. infrequently
    2. once a week
    3. once a day
    4. a few times during the day
    5. many different times during the day

8. Recalling things from the past, thinking of the future, or imagining unusual kinds of events occupies

    1. 0% of my waking day
    2. less than 10% of my waking day
    3. 10% of my waking day
    4. 25% of my waking day
    5. 50% of my waking day

9. I lose myself in active daydreaming

    1. infrequently
    2. once a week
    3. once a day
    4. a few times during the day
    5. many different times during the day

10. Whenever I have time on my hands I daydream

    1. never
    2. rarely
    3. sometimes
    4. frequently
    5. always

11. When I am at a meeting or show that is not very interesting, I daydream rather than pay attention

    1. never
    2. rarely
    3. sometimes
    4. frequently
    5. always

12. On a long bus or train ride I daydream

    1. never
    2. rarely
    3. occasionally
    4. frequently
    5. a great deal of the time

PART II

All of the remaining items belong to Part II. Each item says something about daydreams or daydreaming. Indicate to what extent each item applies to you or is true for you by circling the number from 1 to 5 which best corresponds to your situation. Below is a description of each number.

5 "very true for me" or "strongly characteristic of me"

4 "somewhat true for me" or "sometimes characteristic of me"

3 "neither true nor untrue for me" or "not particularly characteristic of me one way or the other"

2 "somewhat untrue for me" or "not usually characteristic of me"

1 "definitely not true for me" or "strongly uncharacteristic of me"

---

13. My mind seldom wanders while I am working.
14. I daydream about accomplishing a difficult task.
15. I can be aroused and excited by a daydream.
16. Daydreams I have often are about different ways of finishing things I still have to do in my life.
17. I often have thoughts about things that could rarely occur in real life.
18. A happy daydream helps me "snap out" of a spell of unhappiness.
19. Most of the things I do are not important or interesting.
20. When faced with a difficult situation, I imagine that I have worked out the problem and try out my solution in my thoughts.
21. I find myself imagining that I am a top executive and respected by all my colleagues.
22. As a child, I was a constant daydreamer.
23. I daydream about utterly impossible situations.

24. If something is really on my mind I often brood on it for hours on end.

25. I often think about the lives of famous persons.

26. My daydreams are often stimulating and rewarding.

27. In my daydreams I solve the problems of my family and my friends as well as my own.

28. During a daydream I sometimes feel a rousing sense of enthusiasm and excitement.

29. The things I daydream about aren't things that could happen in real life.

30. I daydream about working at something which later becomes vitally important to industry and society.

31. Each day is full of things which keep me interested.

32. I have always been interested in the lives of others.

33. My daydreams offer me useful clues to tricky situations I face.

34. My daydreams often cheer me up when I feel blue.

35. At times it is hard for me to keep my mind from wandering.

36. I find that I easily lose interest in things that I have to do.

37. My daydreams are fairly realistic.

38. Sometimes a thrill goes up my spine as I reflect on a great moment of triumph or achievement.

39. My daydreams are always just sort of ways of passing time rather than attempts to solve my actual daily problems.

40. Most things that are interesting to start with lose their appeal after a while.

41. My daydreams are as weird as science fiction.

42. In my daydreams, I exceed my parents' expectations.

43. When I visit a place of historical importance, I tend to be more interested in the buildings and the objects inside than in the lives of the people who once lived there.

44. My mind seldoms wanders from my work.

45. I become so affected by my daydreams, that they will subsequently determine my mood.

46. I tend to get pretty wrapped up in my daydreaming.

47. My idle thoughts do not provide me many workable solutions to problems.

48. During a lecture or speech, my mind often wanders.

49. I like to finish what I am doing before starting something new.

50. I often relive happy or exciting experiences in my daydreams.

51. My daydreams are closely related to problems that come up during my daily life.

52. I often notice a person at a restaurant or bar and wonder what he does for a living or what kind of a person he is.

53. I daydream about doing things I know will never be possible for me.

54. I imagine receiving the highest honor given in my field of work.

55. I seldom have the same daydream more than once.

56. I have seldom found my mind wandering during a speech, concert, show, radio, or TV program.

57. My daydreams often leave me with feelings of sadness.

58. I tend to be easily bored.

59. My daydreams are realistic and rarely contain wild, strange thoughts.

60. A daydream can bring a smile to my face.

61. I imagine solving all my problems in my daydreams.

62. I seldom get really interested and involved in what I am doing.

63. My thoughts seldom drift from the subject before me.

64. I like to read about the personal lives of persons of public prominence.

65. Sometimes my imagination keeps coming back to the same things over and over again, no matter how much I try to change the subject.

66. I often imagine myself as a different person or living a very different life than I am now.

67. When I have an unusually enjoyable daydream, I try to prevent it from coming to an end.

68. I am the kind of person whose thoughts often wander.

69. In my fantasies, I receive an award before a large audience.

70. I often find it quite difficult to finish something that I was initially quite interested in.

71. I usually feel content and quite excited after a daydream.

72. Daydreams do not have any practical significance for me.

73. Some of my daydreams are so striking that I keep on thinking about them after they're over.

74. I have little interest in the private lives of my schoolmates or fellow workers.

75. The events in my daydreams are so much like the things I do from day to day.

76. I can work at something for a long time without feeling the least bit bored or restless.

77. I have little difficulty in keeping my attention on a long, tedious task.

78. When traveling through a residential area for the first time, I often wonder how the local inhabitants live their daily lives.

79. When a child, I would often create a great fantasy world for myself.

80. I have little or no interest in the private lives of others.

81. In my daydreams, I have succeeded in becoming a respected figure in my field of work.

82. Sometimes a daydream will make me so upset that I feel like crying.

83. Daydreams are more likely to arouse pleasant than unpleasant emotions within me.

84. My fantasies sometimes surprise me by suggesting an answer to a problem which I could not work out.

85. I can work at one thing for a long time with relatively little effort.

86. The things that happen in my daydreams are often extremely strange and unusual.

87. I daydream about being promoted to a better position.

88. I am not particularly interested in what life is like in far off countries such as India.

89. No matter how hard I try to concentrate, thoughts unrelated to my work always creep in.

90. Something that has happened during the day often goes over and over in my mind.

91. Most of my time is filled with exciting, interesting things.

92. In my idle thoughts, I picture myself receiving an award for outstanding achievement in my field.

93. I often wonder about the life of a person I happen to see standing at a window of an apartment building.

94. My daydreams often leave me with a warm, happy feeling.

95. I can get a fresh approach to an old problem almost at once during what begins as an idle daydream.

96. My daydreams seldom repeat themselves.

97. Most of my daydreams are about really unusual people or about events that could hardly ever happen.

98. I picture myself being very successful and living in a beautiful home in the country.

99. I tend to be quite wrapped up and interested in whatever I am doing.

100. My imagination often goes around and around in the same circle.

101. I have difficulty in maintaining concentration for long periods of time.

102. I am not interested in the personal lives of prominent persons.

103. A daydream can completely change my mood.

104. In my daydreams, I see myself as an expert, whose opinion is sought by all.

105. I feel very emotional during my daydreams.

106. My fantasies usually provide me with pleasant thoughts.

107. Sometimes an answer to a difficult problem will come to me during a daydream.

108. I often have some kind of emotional reaction to my daydreams.

109. While traveling in the subway or train, I rarely wonder about how my fellow passengers live - when they are not on the subway.

110. My daydreams are fairly matter of fact and down to earth.

111. I am seldom bored.

112. I often daydream about events that happened over a year ago.

113. During a speech, meeting, or lecture I often "come to" realizing that I have not heard a work the speaker was saying.

114. I often have the same daydream over and over again.

115. I picture myself being accepted into an organization for successful individuals only.

116. Some of my daydreams are so powerful that I just can't take my attention away from the.

117. Daydreaming in an adult is really childish.

118. Before going soemwhere, I imagine the scene and what I will be doing.

119. In my daydreams, I fear meeting new responsibilities in life.

120. Sometimes during the day I am not particularly aware of anything in my mind.

121. My daydreams often contain depressing events which upset me.

122. I imagine myself physically hurting someone I hate.

123. My attention is seldom diverted by what others around me are doing.

124. My daydreams always relate to events current in my life.

125. I often daydream about events that happened more than a year ago.

126. I enjoy arguing with someone who knows a lot.

127. Daydreaming is normal for adults as well as for adolescents and children.

128. I picture myself as I will be several years from now.

129. I picture myself not receiving a promotion I long waited for.

130. My mind is often blank.

131. A mere daydream cannot frighten or upset me.

132. In my fantasies, I am resentful to a superior for repremanding me without just cause.

133. I am always glad when I find an excuse to take me away from my work.

134. My thoughts are never on things far removed from my present-day problems.

135. I never think at all about events or scenes of my early childhood.

136. I find that sitting home is a nice way to pass the time.

137. I feel badly about daydreaming because it may indicate a weakness in character.

138. I am more likely to think about tomorrow than wonder about yesterday.

139. I find myself imagining the unhappiness I caused my family because of my failure.

140. When alone, thoughts do not stop racing through my mind.

141. I will not allow myself to think of some things, knowing how upset I can become when I do.

142. In my fantasies, I see myself seeking revenge on those I dislike.

143. Faced with a tedious job, I notice all the other things around me that I could be doing.

144. My present-day concerns are usually reflected in my daydreams.

145. My daydreams about love are so vivid, I actually feel they are occurring.

146. I don't particularly like to spend an entire evening doing many things or going to many different places.

147. A really original idea can sometimes develop from a really fantastic daydream.

148. I think about how "the world of the future" will look.

149. I imagine myself preventing a plot to kill a political candidate.

150. My thoughts often seem to race through my mind.

151. I get the "chills" as a result of some of my thoughts.

152. In my daydreams, I am caught after stealing something very expensive.

153. When sitting in a larger lecture or meeting, I usually find myself looking around a great deal at the people or objects in the room.

154. I like to talk about my problems.

155. I imagine myself to be physically attractive to people of the opposite sex.

156. I am the happiest when there is nothing I have to do and howhere I have to go.

157. Daydreams are unreal and seldom come true.

158. I never plan where I'll be or what I'll be doing several years from now.

159. I daydream of volunteering as a subject for an important scientific experiment and winning fame for my bravery.

160. I think about a subject only for a few seconds before the next thought appears in my mind.

161. Sometimes a passing thought will seem so real that I will shudder and feel uneasy.

162. I daydream about having been caught in a crime and sentenced to jail for a long time.

163. When stuck with one job for a long time, I begin to pay attention to my finger nails or some aspect of my personal appearance.

164. I prefer to keep my personal thoughts and feelings to myself.

165. While working intently at a job, my mind will wander to thoughts about sex:

166. I like to travel.

167. I feel guilty about my daydreams.

168. I do not think about what the future will be like.

169. I daydream of saving someone very dear to me from a blazing fire.

170. There is always something going through my mind.

171. My daydreams have such an emotional effect on me that I often react with fear.

172. In my fantasies, a friend discovers that I have lied.

173. Even when I am listening to an interesting speaker, my mind wanders.

174. Sometimes on the way to work, I imagine myself making love to an attractive person of the opposite sex.

175. I like to spend my vacation doing absolutely nothing.

176. Because daydreaming often takes me away from my work, I try to avoid it even when I have no specific task to complete.

177. I daydream about what is about to happen.

178. I see myself scoring the deciding point in an important tournament match.

179. I find thoughts chasing through my mind at a great speed.

180. I respond with a shock when an exciting daydream reaches a peak.

181. I often feel tortured by the images of the sins I have committed.

182. I find it hard to read when someone is on the telephone in a neighboring room.

183. No matter how upsetting, I cannot help but daydream about things I'm worried about right now, rather than picturing a bright future.

184. My sexual daydreams are very vivid and clear in my mind.

185. The fewer daydreams one has, the more time there is to really "live".

186. I seldom think about what I will be doing in the future.

187. I imagine saving my family from a serious financial situation by doing some hard or dangerous work.

188. Many times there is nothing at all going through my mind.

189. Some of my daydreams are so filled with emotion as to make me tense up my body.

190. I daydream more about events that have already happened than about things in the future.

191. I daydream about taking advantage of someone less fortunate than I and feeling guilty about it afterward.

192. I find it difficult to concentrate when the TV or the radio is on.

193. I daydream of being interviewed for an important job and giving a bad impression.

194. While reading, I often slip into daydreams about sex or making love to someone.

195. It is a rare weekend that I have nothing planned.

196. Daydreams accomplish nothing more than a temporary escape and just avoid things that must be done.

197. I picture myself telling off my parents.

198. I think about saving the life of a drug addict.

199. The effect of a frightening daydream will linger on for a long time.

200. I daydream about the first places in which I lived, the scenery, and the events of my youth.

201. I often imagine that someone else knows of the things I've done wrong and holds them against me.

202. I daydream that my children or others I love do not become very successful.

203. While traveling on the train or bus my idle thoughts turn to love.

204. I don't like to share my problems with others.

205. Daydreaming never solves any problems.

206. I enjoy talking about my personal feelings - the things that make me happy, the things that make me sad.

207. I imagine my preventing an airplane hijacking.

208. My thoughts often come to me slowly.

209. Unpleasant daydreams don't frighten or bother me.

210. I rarely find myself recalling moments of my childhood.

211. In my daydreams I feel guilty for having escaped punishment.

212. I can study quite well under noisy, disruptive circumstances.

213. I imagine myself not being able to finish a job I am required to do.

214. Whenever I am bored, I daydream about the opposite sex.

215. I like to tell people my dreams.

216. Daydreaming is a common experience for great scientists and artists as well as for the average person.

217. In my daydreams I become angry and even antagonistic towards others.

218. I picture myself risking my life to save someone I know.

219. I often have periods where I am not particularly conscious of my thoughts.

220. I never panic as a result of a daydream.

221. Events from my childhood recur to me very clearly and with many details.

222. I imagine myself running away from someone who is going to punish me.

223. My ability to concentrate is not impaired by someone talking in another part of the house or apartment.

224. In my idle thoughts, I fear not being able to meet the demands of my job.

225. Sometimes in the middle of the day, I will daydream of having sexual relations with someone I am fond of.

226. I would like to take part in a sensory deprivation experiment.

227. I find my daydreams are worthwhile and interesting to me.

228. I would not like to take LSD or mescaline in order to enrich my experiences.

229. I imagine myself an important diplomat negotiating peaceful settlement of a foreign war.

230. My mind is always on the go.

231. Some of my fantasies are so terrifying, I shake and shiver.

232. In my daydreams, I am more likely to "re-live" the past than to look ahead into the future.

233. I feel guilty in a daydream because of my cheating in a game or contest.

234. I am not easily distracted.

235. In my daydreams, I lose my job and am financially in debt, and feel worthless.

236. In my fantasies, I arouse great desire in someone I admire.

237. I like peace and quiet.

238. In my daydreams, I get so bitter, I begin hurting other people I love.

239. I daydream of becoming an important government official.

240. I am very much concerned with the present in my daydreams.

241. I sometimes daydream about people and places I was familiar with when I was younger.

242. In my daydreams, I am always afraid of being caught doing something wrong.

243. My thoughts are about daily activities, rather than about tomorrow "bringing something new and exciting".

244. My thoughts are of the future rather than of the past.

245. I daydream that I will never do anything worthwhile for others.

246. Before going to sleep, my idle thoughts turn to lovemaking.

247. I get restless if I have nothing to do.

248. I like to talk about personal things.

249. I daydream about saving a drowning child.

250. I don't like being a subject in an experiment or answering a personality test.

251. I imagine myself in situations far removed from my day-to-day life.

252. I think more about "here-and-now" than about yesterday.

253. In my daydreams I feel guilty because I have done something which is not in accord with my religious beliefs.

254. I do not think about my day-to-day affairs.

255. I daydream about what I would like to see happen in the future.

256. In my daydreams, my employer is disappointed with my work.

257. My daydreams tend to arouse me physically.

258. I like to have the radio, TV, or record player on most of the time.

259. I daydream of ways of "rubbing it in" or annoying certain people I dislike.

260. I imagine endangering myself in order to save my family.

261. I like to observe my own reactions to things and to other people.

262. I think about things on a day-to-day basis, rather than thinking about the past or how the future will be.

263. I do not think about scenes from my early years.

264. I imagine myself borrowing something dear from a friend and damaging it.

265. At the amusement parks, I like to go on the most scary rides.

266. I find myself imagining what I will be doing a year from now.

267. I imagine myself failing those I love.

268. My mind is always active.

269. I have never wanted to keep a diary.

270. I find myself imagining ways of getting even with those I dislike.

271. In my daydreams, I show my anger towards my enemies.

272. I daydream more about my hopes for the far future than about my hopes for the present time.

273. I seldom find myself daydreaming about my younger days.

274. I don't like to do dangerous and daring things.

275. I imagine myself displaying my hatred against those whose morals and values are not in accord with mine.

276. I tend to daydream about the events of the coming weeks and months more than of the happenings of the past.

277. I daydream about not living up to my parents' expectations.

278. I feel uncomfortable when someone asks me a personal question.

279. I daydream of clashing with my parents over trivial matters.

280. When I am deeply engrossed in my work, it is difficult for someone to catch my attention.

281. Details from my day-to-day life are more clear and complete in my daydreams than memories of the past.

282. I think a lot about the past.

283. I see myself attaining revenge against someone who has deceived me.

284. I prefer to think about what's happening now in my life and avoid daydreaming about the future.

INTERVIEW SCHEDULE AND
SCORING INSTRUCTIONS

1. There are many ways of defining satisfaction with marriage. Satisfaction or happiness may mean different things to different people. How would you define a happy marriage?

2. How do you think your (husband)(wife) would respond if (he)(she) were asked to define a happy marriage?

3. You have defined a happy marriage as ... (use definition given by respondent in question 1.). Using this definition as a means by which to judge your own marriage, how satisfied or dissatisfied would you say you are with your marriage as it is at present? Why?

4. You have indicated that your(husband)(wife) would define a happy marriage as ... (use definition given in question 2). Using this definition, how satisfied or dissatisfied do you think (he)(she) is with your marriage as it is today? Why?

5. What aspects of your marital relationship give you the most pleasure or satisfaction?

6. What aspects of your marital relationship are troublesome or irritating to you?

7. What aspects of your marital relationship do you think give your (husband)(wife) the most satisfaction? Why?

8. What aspects of your marital relationship do you think your (husband)(wife) finds troublesome or irritating? Why?

9. What are some of the things which attracted you to your (husband) (wife)?

10. I am going to give you a list of a number of personality characteristics. For each one, I would like you to indicate how like yourself you feel it is.

    A. very much like yourself
    B. somewhat like yourself
    C. neither like or unlike yourself
    D. somewhat unlike yourself
    E. very unlike yourself

LIST OF PERSONALITY CHARACTERISTICS
(see questions 10 and 11 of INTERVIEW SCHEDULE)

Takes responsibility willingly

Dominating

Irritable

Punctual

Moody

Angers easily

Ambitious

Jealous

Sympathetic

Easy going

Stubborn

Sense of duty

Sense of humor

Easily hurt

Self-confident

Selfish

Nervous

Likes belonging to organizations

Impractical

Easily depressed

Easily excited

11. Now I am going to give you the list of personality characteristics once again. This time I would like you to indicate for each one how much like your (husband)(wife) it is.

    A. very much like (him)(her)
    B. somewhat like (him)(her)
    C. neither like nor unlike (him)(her)
    D. somewhat unlike (him)(her)
    E. very much unlike (him)(her)

12. If you had the opportunity to marry an "ideal" mate, what personality characteristics would that mate have?

13. With respect to personality characteristics, how well does your (husband)(wife) conform to what you consider the "ideal" mate?

14. What personality characteristics do you think that your (husband) (wife) considers important to (him)(her) in an "ideal" mate?

15. With respect to personality characteristics, how do you think that you compare to (his)(her) expectation of the "ideal" mate?

16. Describe your mother.

17. Describe your father.

18. How would you describe your relationship with your mother? i.e. how much attachment do you feel toward her? How much conflict is there between you?

19. How would you describe your relationship with your father? i.e. How much attachment do you feel toward him? How much conflict is there between you?

20. I am going to list a number of tasks which must be performed in each household. For each task, I would like you to tell me if you consider it to be the husband's duty, the wife's duty, or both partners' duty.

TASKS

earning family income
housekeeping
grocery shopping
disciplining children
washing dishes
handling family finances
deciding where to live
planning vacations
doing household repairs
doing laundry
buying a car
deciding on recreational activities
initiating sex relations
cooking meals

21. I am now going to list these tasks again. This time, I would like you to reply according to what you think your (husband's)(wife's) reply would be - i.e. the wife's duty, husband's duty, or both partners' duty.

TASKS

earning family income
housekeeping
grocery shopping
disciplining children
washing dishes
handling family finances
deciding where to live
planning vacations
doing household repairs
doing laundry
buying a car
deciding on recreational activities
initiating sex relations
cooking meals

22. With respect to the tasks just mentioned, how well has your own marriage conformed to the expectations you had about what marriage would be like? (If not conforming to expectations, ask: In which specific ways have your expectations not been met?)

23. Have your ideas about what a marriage should be like changed at all since you first became married? If so, how?

24. How often do disagreements arise in your family about ways in which household tasks or day-to-day events are to be handled?

25. How are such disputes over handling household tasks usually settled?

26. All of us, as human beings, have certain needs. Because each person is unique, our own needs, our wants and desires may differ from what other persons want and desire. What do you feel that your needs are, at the present time:

27. I am now going to give you a list of some questions which reflect some of the common needs which have already been identified by researchers. After each statement, I would like you to indicate how strongly you feel it to be true or untrue of yourself, as indicated on the sheet. (see Need Questionnaire)

NOTE TO INTERVIEWER: SCORE THIS QUESTIONNAIRE IMMEDIATELY. GIVE TOTAL SCORE FOR EACH NEED FOLLOWING OUTLINE BELOW. ANY NEED WHICH SCORES 13 OR MORE WILL BE DISCUSSED IN QUESTION 28.

Scoring instructions: Add the responses for each set of numbers below.

#s	4, 14, 24, 34	ABASEMENT
#s	1, 11, 21, 31	ACHIEVEMENT
#s	2, 12, 22, 32	AFFILIATION
#s	3, 13, 23, 33	AUTONOMY
#s	5, 15, 25, 35	DEFERENCE
#s	10, 20, 30, 40	DOMINANCE
#s	41, 46, 51, 56	HOSTILITY
#s	42, 47, 52, 57	NURTURANCE
#s	43, 48, 53, 58	RECOGNITION
#s	6, 16, 26, 36	STATUS ASPIRATION
#s	9, 19, 29, 39	STATUS STRIVING
#s	7, 17, 27, 37	SUCCORANCE
#s	8, 18, 28, 38	ANXIETY
#s	44, 49, 54, 59	EMOTIONALITY
#s	45, 50, 55, 60	VICARIOUSNESS

28. Needs can be satisfied in many different ways- for example - by close friends, through one's employment, through school, caring for children, etc.. All of one's needs are usually not met through any one person or relationship, as none of us can claim to be 'all things to all people'. However, I am interested in knowing how you feel your marriage satisfies each of your needs. I will list each need which you have just indicated as being characteristic of you. For each one, I would like you to indicate how well your marriage or your marriage partner satisfies the need in question. Try to think of how well or how poorly your relationship with your partner allows you to act out or be the way you feel.

NOTE TO INTERVIEWER: Below are definitions of each need. Each need for which the respondent has scored 13 points or more should be defined for him before discussion begins.

ABASEMENT - the need to accept or invite blame, criticism, or punishment
ACHIEVEMENT - the need to work diligently to create something and/or to emulate others
AFFILIATION - the need to draw near and enjoy interaction with another person or persons
AUTONOMY - the need to get rid of the constraint of other persons. To avoid or escape from domination. To be unattached and independent
DEFERENCE - the need to admire and praise a person
DOMINANCE - the need to influence and control the behavior of others
HOSTILITY - the need to fight or injure others
NURTURANCE - the need to give sympathy and aid to a weak, helpless, ill, or dejected person
RECOGNITION - the need to excite the admiration and approval of others
STATUS ASPIRATION - the desiring of a socioeconomic status considerably higher than one has
STATUS STRIVING - the need to work diligently to alter one's socioeconomic status
SUCCORANCE - the need to be helped by a sympathetic person or to be nursed, loved, protected, indulged
ANXIETY - fear, conscious or unconscious, of harm or misfortune arising from the hostility of others and/or social reaction to one's own behavior
EMOTIONALITY - the show of affection in behavior
VICARIOUSNESS - the gratification of a need derived from the perception that another person is deriving gratification

29. Do you confide in your spouse? What subjects do you feel comfortable discussing with (him)(her)? What subjects do you feel uncomfortable discussing?

30. Does your spouse confide in you? What subjects does (he)(she) discuss with you? Are there any subjects which (he)(she) does

not discuss with you?

31. How much time per day, on the average, would you estimate that you and your (husband)(wife) have together alone, with no interruptions?

32. What is the usual topic of conversation at meal-time?

NEED QUESTIONNAIRE

Circle the response which most accurately describes you. Following is a description of each response category.

5 = very much like myself

4 = somewhat like myself

3 = neither like nor unlike myself

2 = somewhat unlike myself

1 = very much unlike myself

1. Do you work like a slave at everything you undertake until you are satisfied with the result?
2. Do you become very attached to your friends?
3. Do you usually go your own way regardless of the opinion of others?
4. Are you more apt to blame yourself than someone else when something goes wrong?
5. Do you usually see the good points rather than the bad points of those in authority?
6. Are you frequently dissatisfied with the amount or quality of your material possessions (eg. home, furnishings, money etc.)?
7. Do you usually tell your friends about your difficulties and misfortunes?
8. Do you fear certain things such as lightning, high places, rough water, flying, being alone in an empty house at night, etc.?
9. Do you usually socialize with people whom you consider to be somewhat "better off" than yourself?
10. Are you usually the one to make the necessary decisions when you are with another person or persons?
11. Do you set difficult goals for yourself and attempt diligently to reach them?
12. Do you make a point of keeping in close touch with the doings and interests of your friends?

13. Are you apt to criticize whoever happens to be in authority?

14. Do you feel nervous and anxious in the presence of your superiors?

15. Do you usually accept suggestions rather than insisting on working things out your own way?

16. Do you frequently wish you had been born into a richer family?

17. Are you rather easily discouraged when things go wrong?

18. Do you often shrink from a situation because of your sensitivity to criticism or ridicule?

19. Are you constantly keeping your eyes open for work which is more financially rewarding?

20. Do you enjoy organizing or directing the activities of a group, committee, or club?

21. Do you feel a spirit of competitiveness in most of your activities?

22. Do you enjoy yourself immensely at parties and other social functions?

23. Do you usually become stubborn and resistant when others try to coerce you?

24. Are you submissive and apologetic when you have done something wrong?

25. Do you usually conform to custom in matters of conduct?

26. Would you like to belong to an elite social club?

27. Do you feel anxious and uncertain when you are suddenly faced by a critical situation?

28. Do you avoid doing anything that will provoke opposition if you can help it?

29. Do you think an employee should regularly make his employer aware that he expects pay increases and promotions rather than waiting patiently for these things to come his way?

30. Do you usually argue with zest for your own viewpoint against others?

31. Do you like to keep working at a task without interruption until it is completed?

32. Do you have a good word for most people?

33. Do you try to avoid situations where you are expected to conform to conventional standards?

34. Are you sometimes depressed by feelings of your own unworthiness?

35. Do you usually give praise freely when the occasion offers?

36. Do you regard your present lot in life as only a stepping-stone to bigger and better things?

37. Are you rather dependent upon the presence and judgment of your friends?

38. Do you feel upset if people criticize or blame you for something?

39. Do you often buy items which you really cannot afford?

40. Do you usually influence others more than they influence you?

41. Are you apt to enjoy getting a person's goat?

42. Do you go out of your way to comfort others when they are in misery?

43. Do you like to boast about your accomplishments to others?

44. Are your feelings and emotions easily aroused?

45. When you are "down in the dumps", does it cheer you up to realize that a close friend or relative has just had something nice happen to him?

46. Do you try to get your way regardless of others?

47. Do you take pains not to hurt the feelings of others?

48. Do you aspire to become the leader of an organization or group so that others will come to know and respect you?

49. Do you have unaccountable swings of mood, elations, and depressions?

50. Do happy movies usually make you happy too?

51. Do you often tend to blame others when things go wrong?

52. Do you feel the failures or disappointments of your friends as if they were your own?

53. Do you demand respect from others?

54. Are you influenced in your decisions by how you happen to be feeling at the moment?

55. Do you enjoy hearing about other people's good fortune?

56. Are you more apt to express your irritation rather than to restrain it?

57. Do you enjoy putting your own affairs aside to do someone a favor?

58. Do you enjoy receiving praise for something you have done?

59. Are you rather sensitive, impressionable, or easily stirred?

60. Do you often recall with satisfaction the good things that have happened to the people you have read about or watched on TV or at the movies?